



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

October Trips

Tuesday, October 20: Eye Street Gallery

Tuesday, October 27: Saint Alban's School Art Show

Thursday, October 29: Planet Word

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.



October 2026

Active Wellness

At Saint Alban's

Dear Saint Alban's Active Wellness participants,

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

NEW! Beginning on October 1, **Telestration Thursdays** after lunch: Join a fun game of simultaneously sketching and guessing while revealing hilarious, unpredictable outcomes.

Monday, October 5: Welcome, **District of Columbia Fire and Emergency Medical Services**, in celebration of Fire Prevention Week. Firefighters will visit.

Monday, October 19: **Death Cleaning with Dixcy**. Learn tips and share ideas on how to relieve ourselves of the emotional and physical burdens of all our stuff.

Tuesday, October 20: Trip to **Eye Street Gallery** in the Navy Yard/Capitol Riverfront neighborhood of Southeast Washington, DC

Monday, October 26: **Bingo** with DC Metropolitan Police Department's Community Outreach Team

Tuesday, October 27: Trip to **Saint Alban's School Art Show** and District Department of Transportation (DDOT) presentation on **Pedestrian Safety** in celebration of National Pedestrian Safety Month

Thursday, October 29: Trip to **Planet Word** in downtown DC and **Celebration of October Birthdays & Halloween Party**. Dance the afternoon away as we celebrate October birthdays and get ready for Halloween. Costumes encouraged.

We remember our friends Alice Stewart and Bobby Williams who passed away in September.

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

St. Alban's Team

Jeanne Welsh
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Iona Senior Services
4125 Albemarle St
202-895-9448

Monday	Tuesday	Wednesday	Thursday	Friday
				
5 10:00 am Coffee & Conversation 11:00 am Yoga and Movement with Penelope 12:00 pm Lunch 12:45 pm DC Firefighters visit	6 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 and Games 12:45 pm Trivia and Board Games	7 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	8 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 Telestration Thursday	9 10:00 am Coffee & Conversation 11:00 am Balance, Stretch and Strength with Beth 12:00 pm Lunch 12:45 pm Drumming with Bruce
12 Iona Senior Services Closed in observance of Indigenous Peoples' Day 	13 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 Collage Class 12:45 pm Trivia and Board Games	14 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	15 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 Telestration Thursday	16 10:00 am Coffee & Conversation 11:00 am Zumba with Renee 12:00 pm Lunch 12:45 pm Drumming with Bruce
19 10:00 am Coffee & Conversation 11:00 am Yoga and Movement with Penelope 12:00 pm Lunch 12:45 pm Death Cleaning with Dixcy 1:00 pm Sewing Café with Edie	20 9:15am Trip to Eye Street Gallery 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 and Games 12:45 pm Trivia and Board Games	21 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	22 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 Telestration Thursday	23 10:00 am Coffee & Conversation 11:00 am Balance, Stretch and Strength with Beth 12:00 pm Lunch 12:45 pm Drumming with Bruce
26 10:00 am Coffee & Conversation 11:00 am Yoga and Movement with Penelope 12:00 pm Lunch 12:45 pm Bingo with MPD	27 10:00 am Coffee & Conversation 10:30 am Strength, Balance & Core with Emma 11:00am Trip to Saint Alban's School Art Show 12:00 pm Lunch 12:45 pm Improv with Topher 12:45 pm Collage Class 12:45 pm DDOT Pedestrian Safety	28 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	29 9:00 am Trip to Planet Word 10:00 am Coffee & Conversation 11:00 am Movement and Meditation with Meg 12:00 pm Lunch 12:45 Celebration of October Birthdays and Halloween Party 12:45 pm Watercolors with Ida	30 10:00 am Coffee & Conversation 11:00 am Zumba with Renee 12:00 pm Lunch 12:45 pm Drumming with Bruce
2 10:00 am Coffee & Conversation 11:00 am Yoga and Movement with Penelope 12:00 pm Lunch 1:00 pm Pumpkin Bingo with Lucy	3 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 and Games 12:45 pm Trivia and Board Games	4 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	5 10:00 am – 2:00 pm Social Harvest Community Day 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 Telestration Thursday	6 10:00 am Coffee & Conversation 11:00 am Balance, Stretch and Strength with Beth 12:00 pm Lunch 12:45 pm Drumming with Bruce Calendar is subject to change