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Visit www.AroundtownDC.org for more events and programs

November 2026

Colony House

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Dear Participants,

As we move into the holiday season, we're excited to share what's happening at the site this month. From community outings and special events to wellness opportunities, creative activities, and participant planning, there will be plenty of ways to stay active, connected, and engaged.

This month, you can look forward to an outing to Mid-Atlantic Seafood – with a stop for grocery shopping! On Wednesday, November 25, you will have the chance to go to Safeway's annual Feast of Sharing.

Your monthly Nutrition Education session with Laura will take place on Tuesday, November 17 at 1pm. Be sure to also take advantage of Laura's Nutrition Clinic hours, which will be available from 12:30-2:00PM on Tuesday, November 3.

Don't forget to attend both sections of *Chair Exercise*! Our virtual option occurs Mondays at 10:00AM. Our live class takes place Thursday mornings at 11:00AM.

Regina Richmond will be taking a sabbatical from *Jewelry Making*. Not to worry, she'll still be stopping by to participate. You can keep up with your skills with *the Jewelry Making: Open Studio* that will take place on Friday mornings at 11:00AM.

Please be sure to attend our Program Planning Meeting on November 10. Your participation helps us plan programs that reflect the interests of our participants!

Please remember that the site will close on Wednesday, November 11 for Veteran's Day and Thursday, November 26 in observance of Thanksgiving.

As we enter the holiday season, take time to practice gratitude and stay connected with friends, family, and the community.

- Iona Senior Services

*Please refer to the calendar for additional details

November 2026 – Colony House

Monday	Tuesday	Wednesday	Thursday	Friday
2 10:00 am Chair Exercise w/ Video 11:00 am Memory Wellness 12:00 pm Lunch 1:00 pm Trivia	**3** 10:00 am Coffee & Conversation 11:00 am Sewing 12:00 pm Lunch 1:00 pm Board Games 12:30 – 2:00pm Nutrition Clinic w/ Laura	**4** 10:00 am Open Conversations 11:00 am Wellness Journaling 12:00 pm Lunch 1:00 pm Arts and Crafts: Coasters pt. 1	**5** 10:00 am Coffee & Conversation 11:00 am Chair Exercise w/ Pat 12:00 pm Lunch 1:00 pm Virtual Travel!	**6** 10:00 am Coffee & Conversation 11:00 am Jewelry Making: Open Studio 12:00 pm Lunch 1:00 pm Bingo
9 10:00 am Chair Exercise w/ Video 11:00 am Memory Wellness 12:00 pm Lunch 1:00 pm Trivia 11:30am-1:30pm Social Worker Visit	**10** 10:00 am Coffee & Conversation 11:00 am Program Planning Meeting 12:00 pm Lunch 1:00 pm Board Games	**11 – Site Closed (Veteran's Day)** 	**12** 10:00 am Coffee & Conversation 11:00 am Chair Exercise w/ Pat 12:00 pm Lunch 1:00 pm Cooking Demo w/ Chef Herb!	**13** **10AM-2PM Mid-Atlantic Seafood (limit 13)** 10:00 am Coffee & Conversation 11:00 am Jewelry Making: Open Studio 12:00 pm Lunch 1:00 pm Bingo
16 10:00 am Chair Exercise w/ Video 11:00 am Memory Wellness 12:00 pm Lunch 1:00 pm Trivia	**17** 10:00 am Coffee & Conversation 11:00 am Nutrition Education w/ Laura 12:00 pm Lunch 1:00 pm Board Games	**18** 10:00 am Open Conversations 11:00 am Wellness Journaling 12:00 pm Lunch 1:00 pm Arts and Crafts: Coasters pt. 2	**19** 10:00 am Coffee & Conversation 11:00 am Chair Exercise w/ Pat 12:00 pm Lunch 1:00 pm Virtual Travel!	**20** 10:00 am Coffee & Conversation 11:00 am Jewelry Making: Open Studio 12:00 pm Lunch 1:00 pm Bingo
23 10:00 am Chair Exercise w/ Video 11:00 am Memory Wellness 12:00 pm Lunch 1:00 pm Trivia 11:30am-1:30pm Social Worker Visit	**24** 10:00 am Coffee & Conversation 11:00 am Sewing 12:00 pm Lunch 1:00 pm Board Games November Birthday Celebration!	**25** **10AM-2PM Feast of Sharing (limit 13)** 10:00 am Open Conversations 11:00 am Colony House Cinema 12:00 pm Lunch 1:00 pm Arts and Crafts: Painting	**26 – Site Closed (Thanksgiving)** 	**27** 10:00 am Coffee & Conversation 11:00 am Jewelry Making: Open Studio 12:00 pm Lunch 1:00 pm Bingo
30 10:00 am Chair Exercise w/ Video 11:00 am Memory Wellness 12:00 pm Lunch 1:00 pm Trivia			**Field Trip:** Recreation activities off site (transportation provided) *Please note there is a 10-minute grace period for field trips. The bus will depart after then. *Please note that you can expect a slight adjustment to activities if there is a field trip or if a Recreation Coordinator is out (such as board games, trivia, etc.) *Calendars are subject to change	
	12/1 *10:00 am Coffee & Conversation* *11:00 am Sewing* *12:00 pm Lunch* *1:00 pm Board Games*	***12/2*** *10:00 am Open Conversations* *11:00 am Wellness Journaling* *12:00 pm Lunch* *1:00 pm Arts and Crafts: TBD*	***12/3*** *10:00 am Coffee & Conversation* *11:00 am Chair Exercise w/ Pat* *12:00 pm Lunch* *1:00 pm Virtual Travel!*	***12/4*** *10:00 am Coffee & Conversation* *11:00 am Jewelry Making: Open Studio* *12:00 pm Lunch* *1:00 pm Bingo*