Age Well. Live Well.

Iona Senior Services
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Around Town DC

Visit www.AroundtownDC.org for more events and programs

Special Events:

November 6th: Amish Market

November 13th: Museum of the Bible

November 13th: Walmart Supercenter

DACL
LIVE BOLDLY

November 2026

James APT

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Dear Friends,

November is here, bringing crisp autumn days, changing leaves, and plenty to be thankful for! We are already **hungry for Thanksgiving** and looking forward to a month filled with good food, great company, meaningful activities, and opportunities to celebrate together.

As we move further into FY 2027, we hope you continue to take advantage of everything happening at our dining sites. From fitness and wellness activities to arts and crafts, music, games, discussions, special events, and trips around our beautiful city, there are many ways to stay active, connected, and involved. Remember, your ideas matter too! Please continue sharing your activity, event, and trip recommendations with your Recreation Coordinator so we can create programming that reflects your interests.

November is also a time to remember the importance of civic participation. **Election Day is Tuesday, November 3, 2026**, so remember to make your voice heard and vote! If you plan to vote, be sure to review your voting information and make a plan that works best for you.

Of course, we cannot talk about November without talking about Thanksgiving! This season gives us an opportunity to reflect on the people and experiences we are grateful for. Whether you are celebrating with family, friends, neighbors, or your Iona community, we hope this month brings plenty of laughter, connection, and delicious food. We are especially thankful for each of you and the warmth, personality, and friendship you bring to our dining sites every day.

We also want to thank our Recreation Coordinators, Nutrition Coordinators, Social Workers, volunteers, community partners, and staff for everything you do to make our sites welcoming, engaging, and supportive places to gather.

Here's to a November filled with gratitude, community, good health, and full plates. **Happy Thanksgiving—and don't forget to vote!**

With gratitude and warmth,

The Community Programs Team
Iona Senior Services

Monday	Tuesday	Wednesday	Thursday	Friday
2 10:00 am Audio Book Club 11:00 am Fitness with Kojack 12:00 pm Lunch 1:00 pm Poetry Writing	**3** 10:00 am Coffee & Local News 11:00 am Trivia 12:00 pm Lunch 1:00 pm Family Feud	**4** 10:00 am Audio Book Club **11:00 am Fitness with Pat** 12:00 pm Lunch 1:00 pm Memory Games & Convo **SW Trevor 11:30-1:30pm	**5** 10:00 am Coffee & Current Events 11:00 am Virtual Stretch Class 12:00 pm Lunch 1:00 pm History Documentary	**6** 10:00 am Audio Book Club 11:00 am Music and Motion Sing Along 12:00 pm Lunch 1:00 pm Bingo Trip: Amish market
9 10:00 am Audio Book Club 11:00 am Fitness with Kojack 12:00 pm Lunch 1:00 pm Poetry Writing	**10** 10:00 am Coffee & Local News 11:00 am Trivia 12:00 pm Lunch 1:00 pm Family Feud Trip: Museum of the Bible		**12** 10:00 am Coffee & Current Events 11:00 am Virtual Stretch Class 12:00 pm Lunch 1:00 pm History Documentary	**13** 10:00 am Audio Book Club 11:00 am Music and Motion Sing Along 12:00 pm Lunch 1:00 pm Bingo Trip: Walmart Super Center Nutrition ED.: Nutrition In the News
16 10:00 am Audio Book Club 11:00 am Fitness with Kojack 12:00 pm Lunch 1:00 pm Poetry Writing Visit: Legal Counsel for the Elderly Senior Medicare Patrol	**17** 10:00 am Coffee & Local News 11:00 am Trivia 12:00 pm Lunch 1:00 pm Family Feud	**18** 10:00 am Audio Book Club **11:00 am Fitness with Pat** 12:00 pm Lunch 1:00 pm Memory Games & Convo **SW Trevor 11:30-1:30pm Nutrition Ed.: Demystifying Food Labels	**19** 10:00 am Coffee & Current Events 11:00 am Virtual Stretch Class 12:00 pm Lunch 1:00 pm History Documentary	**20** 10:00 am Audio Book Club 11:00 am Music and Motion Sing Along 12:00 pm Lunch 1:00 pm Bingo
23 10:00 am Audio Book Club 11:00 am Fitness with Kojack 12:00 pm Lunch 1:00 pm Poetry Writing	**24** 10:00 am Coffee & Local News 11:00 am Trivia 12:00 pm Lunch 1:00 pm Family Feud	**25** 10:00 am Audio Book Club **11:00 am Fitness with Pat** 12:00 pm Lunch 1:00 pm Memory Games & Convo		**27** 10:00 am Audio Book Club 11:00 am Music and Motion Sing Along 12:00 pm Lunch 1:00 pm Bingo
30 10:00 am Audio Book Club 11:00 am Fitness with Kojack 12:00 pm Lunch 1:00 pm Poetry Writing	**12/1** 10:00 am Coffee & Local News 11:00 am Trivia 12:00 pm Lunch 1:00 pm Family Feud	***12/2*** 10:00 am Audio Book Club **11:00 am Fitness with Pat** 12:00 pm Lunch 1:00 pm Memory Games & Convo	***12/3*** 10:00 am Coffee & Current Events 11:00 am Virtual Stretch Class 12:00 pm Lunch 1:00 pm History Documentary	***12/4*** 10:00 am Audio Book Club 11:00 am Music and Motion Sing Along 12:00 pm Lunch 1:00 pm Bingo
12/7 10:00 am Audio Book Club 11:00 am Fitness with Kojack 12:00 pm Lunch 1:00 pm Poetry Writing	***12/8*** 10:00 am Coffee & Local News 11:00 am Trivia 12:00 pm Lunch 1:00 pm Family Feud	***12/9*** 10:00 am Audio Book Club **11:00 am Fitness with Pat** 12:00 pm Lunch 1:00 pm Memory Games & Convo	***12/10*** 10:00 am Coffee & Current Events 11:00 am Virtual Stretch Class 12:00 pm Lunch 1:00 pm History Documentary	***12/11*** 10:00 am Audio Book Club 11:00 am Music and Motion Sing Along 12:00 pm Lunch 1:00 pm Bingo

