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# November 2026

# Asian Pacific Islanders Center


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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**

# November 2026
# Asian Pacific Islanders Senior Center

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| **2**<br>10:00 am Senior Dance/**Tea time/Conversation**<br>11:00 am Music Appreciation<br>**12:00 pm Lunch/Health Pro/Main Reasons Older Adults Maintain a Stable Life**<br>1:00 pm Game Time Rummikub/ Mahjon | **3**<br>**10:00 am Yoga Class**/Teatime<br>11:00 am Music Appreciation<br>**12:00 pm Lunch/Health Pro/Benefits of Simple Living for Older Adults**<br>1:00 pm Game Time /Rummikub/ Mahjong | **4*10:00-2:00 Chinese Market Good Fortune &Dollar Store**<br>10:00 am Senior Dance/**Tea time/Conversation**<br>11:00 am Music Appreciation<br>**12:00 pm Lunch/Health Pro/ Nutrition and Lifestyle Support for Red Blood Cells, White Blood Cells, and Platelets.**<br>1:00 pm Game Time/ Rummikub/ Mahjong | **5**<br>10:00 am Senior Dance/**Tea time/Conversation**<br>11:00 am Music Appreciation<br>**12:00 pm Lunch/Health Pro/ The Meaning of a Fulfilling Life and Values in Older Age**<br>1:00 pm Game Time/ Rummikub/ Mahjong | **6**<br>10:00 am Senior Dance/**Tea time/Conversation**<br>11:00 am Music Appreciation<br>**12:00 pm Lunch/Health Pro/ How Older Adults Can Relieve Psychological and Physical Imbalances**<br>1:00 pm Game Time/ Rummikub/ Mahjong |
| **9**<br>10:00 am Senior Dance/**Tea time/Conversation**<br>11:00 am Music Appreciation<br>**12:00 pm Lunch/Health Pro/Unique Lifestyles and Cultural Traditions Around the Worth**<br>1:00 pm Game Time Rummikub/ Mahjon | **10*10:00-2:00 Trip to National Harbor Outlet**<br>**10:00 am Yoga Class**/Teatime<br>11:00 am Music Appreciation<br>**12:00 pm Lunch/Health Pro/Benefits of Fitness and Exercise**<br>1:00 pm Game Time/ Rummikub/ Mahjong | **11**<br>**Veterans Day**<br>**Center Closed** | **12**<br>10:00 am Senior Dance/**Tea time/Conversation**<br>11:00 am Music Appreciation<br>**11:00 Travel Video**<br>**12:00 pm Lunch/Health Pro/The Positive and Negative Effects of Scientific Progress on Humanity**<br>1:00 pm Game Time/ Rummikub/ Mahjong | **13**<br>10:00 am Senior Dance/**Tea time/Conversation**<br>11:00 am Music Appreciation<br>11:30 Nutrition ED/Virtual/Topic: Nutrition in the News<br>**12:00 pm Lunch/Health Pro/ Benefits of Fitness and Exercise**<br>1:00 pm Game Time/ Rummikub/ Mahjong |
| **16**<br>10:00 am Senior Dance/**Tea time/Conversation**<br>11:00 am Music Appreciation<br>**12:00 pm Lunch/Health Pro/Common Questions Askes by Older Adults**<br>1:00 pm Game Time Rummikub/ Mahjon | **17**<br>**10:00 am Yoga Class**/Teatime<br>11:00 am Music Appreciation<br>**12:00 pm Lunch/Health Pro/Psychological Disorders and Mental Health Support for Older Adults**<br>1:00 pm Game Time /Rummikub/ Mahjong | **18*10:00-2:00 Chinese Market Great-Wall**<br>10:00 am Senior Dance/**Tea time/Conversation**<br>11:00 am Music Appreciation<br>**12:00 pm Lunch/Health Pro/ Benefits of Fitness and Exercise**<br>1:00 pm Game Time/ Rummikub/ Mahjong | **19**10:00 am Senior Dance/**Tea time/Conversation**<br>**11:00 Violin**<br>11:30 Nutrition ED/In person/Topic: Understanding Food Labels<br>**12:00 pm Lunch/Health Pro/ Benefits of Fitness and Exercise**<br>1:00 pm Game Time Rummikub/ Mahjong | **20**<br>10:00 am Senior Dance/**Tea time/Conversation**<br>11:00 am Music Appreciation<br>**12:00 pm Lunch/Health Pro/Can Traditional Chinese Medicine Replace Western Medicine?**<br>1:00 pm Game Time/ Rummikub/ Mahjong |
| **23** 10:00 am Senior Dance/**Tea time/Conversation**<br>11:00 am-12:00pm Metro Police Asian Liaison Office Topic: Fraud Preventio<br>**12:00 pm Lunch/Health Pro/The Generation Gap Between Modern Society and Older Adults**<br>1:00 pm Game Time/ Rummikub/ Mahjong | **24**<br>**10:00 am Yoga Class**/Teatime<br>11:00 am Music Appreciation<br>**12:00 pm Lunch/Health Pro/How Can Older Adults Enjoy a Peaceful, Healthy, and Happy Later Life?**<br>1:00 pm Game Time /Rummikub/ Mahjong | **25**<br>**Fest & Sharing Celebration at Convention Center** | **26**<br>**Thanksgiving Day**<br>**Center Closed** | **27**<br>**Church Closed** |
| **30**<br>10:00 am Senior Dance/**Tea time/Conversation**<br>11:00 am Music Appreciation<br>**12:00 pm Lunch/Health Pro/Benefits of Working Out**<br>1:00 pm Game Time Rummikub/ Mahjon | **12/1**<br>**10:00 am Yoga Class**/Teatime<br>11:00 am Music Appreciation<br>**12:00 pm Lunch/Health Pro/What Are the Standards of Happiness in Older Adults**<br>1:00 pm Game Time /Rummikub/ Mahjong | **12/2*10:00-2:00 Chinese Market Good Fortune &Dollar Store**<br>10:00 am Senior Dance/**Tea time/Conversation**<br>11:00 am Music Appreciation<br>**12:00 pm Lunch/Health Pro/The Benefits of Going to Bed Early**<br>1:00 pm Game Time/ Rummikub/ Mahjong | **12/3**<br>10:00 am Senior Dance/**Tea time/Conversation**<br>11:00 am Music Appreciation<br>**12:00 pm Lunch/Health Pro/ The Benefits of Going to Bed Early**<br>1:00 pm Game Time/ Rummikub/ Mahjong | **12/4**<br>10:00 am Senior Dance/**Tea time/Conversation**<br>11:00 am Music Appreciation<br>**12:00 pm Lunch/Health Pro/The Benefits of Emotional Stability**<br>1:00 pm Game Time/ Rummikub/ Mahjong |