Iona Senior Services
4125 Albemarle Street, NW
Washington, DC 20016
Tel: 202-895-9448 Fax: 202-362-2032
TTY: 202-895-9444
Website: www.iona.org

Special Events:

November 6th: Amish Market

November 10th: Museum of the Bible

November 13th: Walmart

Visit www.AroundtownDC.org for more events and programs



November 2026

Oasis

Senior Center for the Homeless

Contact Us

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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 9:00 am Health Resource / News 10:00 am Book Club 11:00 am Games and Social Hour 12:00 pm Lunch 1:00 pm DC Food Resources/ Seasonal Resources 2:00 pm Apollo Nights	**3** 9:00 am News and Conversation 10:00 am Health Resource 11:00 am Chair Fitness 12:00 pm Lunch 1:00 pm Tech Tuesday 2:00 pm YouTube Docu Series	**4** 9:00 am Book Club 10:00 am Health Topics and News 11:00 am Games with Maxine 12:00 pm Lunch 1:00 pm Arts and Culture Discussion 2:00 pm Family Feud	**5** 9:00 am Local News and Conversation 10:00 am Brain Trivia 11:00 am Fantasy Football 12:00 pm Lunch 1:00 pm Arts and Crafts 2:00 pm Weekly Afternoon Movie	**6** 9:00 am Oasis Support and Conversation 10:00 am Newsbreak and TV 11:00 am Everyday Living Resources 12:00 pm Lunch 1:00 pm Aroma Therapy and Fitness 2:00 pm Bingo with Maxine Trip: Amish Market Visit: Legal Counsel for the Elderly Senior Medicare Patrol
9 9:00 am Health Resource / News 10:00 am Book Club 11:00 am Games and Social Hour 12:00 pm Lunch 1:00 pm DC Food Resources/ Seasonal Resources 2:00 pm Apollo Nights	**10** 9:00 am News and Conversation 10:00 am Health Resource 11:00 am Chair Fitness 12:00 pm Lunch 12:30 – 2:00 pm Visit: Iona Brain Health Bingo 1:00 pm Tech Tuesday 2:00 pm YouTube Docu Series Trip: Museum of the Bible **SW Trevor 11:30-1:30pm Nutrition Ed.: Demystifying Food Labels	**11** 9:00 am Book Club 10:00 am Health Topics and News 11:00 am Games with Maxine 12:00 pm Lunch 1:00 pm Arts and Culture Discussion 2:00 pm Family Feud	**12** 9:00 am Local News and Conversation 10:00 am Brain Trivia 11:00 am Fantasy Football 12:00 pm Lunch 1:00 pm Arts and Crafts 2:00 pm Weekly Afternoon Movie	**13** 9:00 am Oasis Support and Conversation 10:00 am Newsbreak and TV 11:00 am Everyday Living Resources 12:00 pm Lunch 1:00 pm Aroma Therapy and Fitness 2:00 pm Bingo with Maxine Trip: Walmart Supercenter Nutrition ED.: Nutrition In the News
16 9:00 am Health Resource / News 10:00 am Book Club 11:00 am Games and Social Hour 12:00 pm Lunch 1:00 pm DC Food Resources/ Seasonal Resources 2:00 pm Apollo Nights	**17** 9:00 am News and Conversation 10:00 am Health Resource 11:00 am Fitness 12:00 pm Lunch 1:00 pm Tech Tuesday 2:00 pm YouTube Docu Series	**18** 9:00 am Book Club 10:00 am Health Topics and News 11:00 am Games with Maxine 12:00 pm Lunch 1:00 pm Arts and Culture Discussion 2:00 pm Family Feud	**19** 9:00 am Local News and Conversation 10:00 am Brain Trivia 11:00 am Senior Thanksgiving Dinner 12:00 pm Lunch 1:00 pm Weekly Afternoon Movie	**20** 9:00 am Oasis Support and Conversation 10:00 am Newsbreak and TV 11:00 am Everyday Living Resources 12:00 pm Lunch 1:00 pm Aroma Therapy and Fitness 2:00 pm Bingo with Maxine
23 9:00 am Health Resource / News 10:00 am Book Club 11:00 am Games and Social Hour 12:00 pm Lunch 1:00 pm DC Food Resources/ Seasonal Resources 2:00 pm Apollo Nights	**24** 9:00 am News and Conversation 10:00 am Health Resource 11:00 am Chair Fitness 12:00 pm Lunch 1:00 pm Tech Tuesday 2:00 pm YouTube Docu Series	**25** 9:00 am Book Club 10:00 am Health Topics and News 11:00 am Games with Maxine 12:00 pm Lunch 1:00 pm Arts and Culture Discussion 2:00 pm Family Feud	**26** 9:00 am Local News and Conversation 10:00 am Brain Trivia 11:00 am Fantasy Football 12:00 pm Lunch 1:00 pm Weekly Afternoon Movie	**27** Conversation 10:00 am Newsbreak and TV 11:00 am Everyday Living Resources 12:00 pm Lunch 1:00 pm Aroma Therapy and Fitness 2:00 pm Bingo with Maxine
30 9:00 am Health Resource / News 10:00 am Book Club 11:00 am Games and Social Hour 12:00 pm Lunch 1:00 pm DC Food Resources/ Seasonal Resources 2:00 pm Apollo Nights	**12/1** 9:00 am News and Conversation 10:00 am Health Resource 11:00 am Chair Fitness 12:00 pm Lunch 1:00 pm Tech Tuesday 2:00 pm YouTube Docu Series	**12/2** 9:00 am Book Club 10:00 am Health Topics and News 11:00 am Games with Maxine 12:00 pm Lunch 1:00 pm Arts and Culture Discussion 2:00 pm Family Feud	***12/3*** 9:00 am Local News and Conversation 10:00 am Brain Trivia 11:00 am Fantasy Football 12:00 pm Lunch 1:00 pm Weekly Afternoon Movie	***12/4*** 9:00 am Oasis Support and Conversation 10:00 am Newsbreak and TV 11:00 am Everyday Living Resources 12:00 pm Lunch 1:00 pm Aroma Therapy and Fitness 2:00 pm Bingo with Maxine

2026

Formatted Table