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

Visit www.AroundtownDC.org for more events and programs

November Trips

Tuesday, November 17: National Museum of the American Indian

Thursday, November 19: National Museum of African American History and Culture

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.

November 2026

Active Wellness

At Saint Alban's

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

St. Alban's Team

Jeanne Welsh
Center Manager
jwelsh@iona.org
202-753-7591

Brittany Pritchett
Community Programs Senior Manager
bpritchett@iona.org

Iona Senior Services
4125 Albemarle St
202-895-9448

Dear Saint Alban's Active Wellness participants,

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

Monday, November 2: **Pumpkin Bingo with Lucy**

Thursday, November 5: **Social Harvest Community Day**. A pop-up farmers market experience featuring fresh produce, culinary demonstrations, music, wellness activities, and on-site health plan support. *Classes taught by Meg and Ida are cancelled on November 5.*

Monday, November 9: **DC Office of the Tenant Advocate** presentation on Tenants' Rights

Monday, November 16: **Bingo with DC Metropolitan Police Department's Community Outreach Team**

Tuesday, November 17: Trip to **National Museum of the American Indian**

Thursday, November 19: Trip to **National Museum of African American History and Culture**

Monday, November 23: **Senior Medicare Patrol**. Learn about Medicare Open Enrollment and understand your options for reviewing and changing your Medicare health and prescription drug coverage. Recognize misleading marketing tactics, avoid Medicare fraud and scams, protect your personal information, and make informed decisions when choosing a Medicare plan.

Monday, November 30: **Celebration of November Birthdays**

A note regarding Friday, November 27: If Department of Aging and Community Living (DACL) decides to close the dining site, we will provide notice as soon as possible. If you are not receiving our monthly calendars and site updates via email and would like to, please talk to Jeanne.

Monday	Tuesday	Wednesday	Thursday	Friday
2 10:00 am Coffee & Conversation 11:00 am Yoga and Movement with Penelope 12:00 pm Lunch 1:00 pm Sewing Café with Edie 1:00 pm Pumpkin Bingo with Lucy	**3** 10:00 am Coffee & Conversation 10:15 am Social Work & Resources 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 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** 10:00am – 2:00pm Social Harvest Event 10:00 am Coffee & Conversation 12:00 pm Lunch	**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
9 10:00 am Coffee & Conversation 11:00 am Yoga and Movement with Penelope 12:00 pm Lunch 12:45 DC Office of the Tenant Advocate presentation	**10** 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 Sing-Along with Deborah	**11** **Iona Senior Services Closed in observance of Veterans Day** 	**12** 10:00 am Coffee & Conversation 11:00 am Movement and Meditation with Meg 12:00 pm Lunch 12:45 pm Watercolors 12:45 pm Telestration Thursday	**13** 10:00 am Coffee & Conversation 11:00 am Zumba with Renee 12:00 pm Lunch 12:45 pm Drumming with Bruce
16 10:00 am Coffee & Conversation 11:00 am Yoga and Movement with Penelope 12:00 pm Lunch 12:45 pm Bingo with MPD	**17** **9:00am Trip to National Museum of the American Indian** 10:00 am Coffee & Conversation 10:15 am Social Work & Resources 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	**18** 10:00 am Coffee & Conversation 10:15 am 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	**19** **9:15 am Trip to National Museum of African American History and Culture** 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	**20** 10:00 am Coffee & Conversation 11:00 am Balance, Stretch and Strength with Beth 12:00 pm Lunch 12:45 pm Drumming with Bruce
23 10:00 am Coffee & Conversation 11:00 am Yoga and Movement with Penelope 12:00 pm Lunch 12:45 pm Senior Medicare Patrol	**24** 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 Sing-Along with Deborah	**25** 10:00 am Coffee & Conversation 10:15 am 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	**26** **Iona Senior Services Closed for Thanksgiving** 	**27** 10:00 am Coffee & Conversation 11:00 am Virtual Fitness 12:00 pm Lunch 12:45 pm Drumming
30 10:00 am Coffee & Conversation 11:00 am Yoga and Movement with Penelope 12:00 pm Lunch 12:45 pm Celebration of November birthdays	***1*** *10:00 am Coffee & Conversation* *10:15 am Social Work & Resources* *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*	***2*** *10:00 am Coffee & Conversation* *10:15 am 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*	***3*** *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*	***4*** *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**