Age Well. Live Well.

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

Around Town DC

Visit www.AroundtownDC.org for more events and programs

Special Events:

December 6th: Walmart

December 13th: Amish Market

DACL
LIVE BOLDLY

November 2026

Regency Apartments

Contact Us

Brandon Johnson
BJohnson@iona.org
Site Lead

Ron Brown
Nutrition Coordinator
RBrown@iona.org

Vacant
Vacant@iona.org
Activities and Outreach Manager

Mykal Lee
MLee@iona.org
Director of Community Programs

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 Coffee & Music 11:00 am History Documentary 12:00 pm Lunch 1:00 pm Senior Dance	**3** 10:00 am Book Club 11:00 am You Tube Stretch Class 12:00 pm Lunch 1:00 pm Family Feud	**4** 10:00 am Coffee & Conversations 11:00 am You Tube Chair Aerobic 12:00 pm Lunch 1:00 pm Health Resources Discussion	**5** 10:00 am Book Club 11:00 am Games & Puzzles 12:00 pm Lunch 1:00 pm Bingo **SW Trevor 11:30-1:30pm	**6** 10:00 am Coffee & Current Events 11:00 am Arts & Crafts: Sketching 12:00 pm Lunch 1:00 pm Poetry Prompts Trip: Walmart
9 10:00 am Coffee & Music 11:00 am History Documentary 12:00 pm Lunch 1:00 pm Senior Dance	**10** 10:00 am Book Club 11:00 am You Tube Stretch Class 12:00 pm Lunch 1:00 pm Apollo Nights		**12** 10:00 am Book Club 11:00 am Games & Puzzles 12:00 pm Lunch 1:00 pm Bingo	**13** 10:00 am Coffee & Current Events 11:00 am Arts & Crafts: Sketching 12:00 pm Lunch 1:00 pm Poetry Prompts Trip: Amish Market Nutrition ED.: Nutrition In the News
16 10:00 am Coffee & Music 11:00 am History Documentary 12:00 pm Lunch 1:00 pm Senior Dance	**17** 10:00 am Book Club 11:00 am You Tube Stretch Class 12:00 pm Lunch 1:00 pm Family Feud	**18** 10:00 am Coffee & Conversations 11:00 am You Tube Chair Aerobic 12:00 pm Lunch 1:00 pm Health Resources Discussion	**19** 10:00 am Book Club 11:00 am Games & Puzzles 12:00 pm Lunch 1:00 pm Bingo **SW Trevor 11:30-1:30pm	**20** 10:00 am Coffee & Current Events 11:00 am Arts & Crafts: Sketching 12:00 pm Lunch 1:00 pm Poetry Prompts
23 10:00 am Coffee & Music 11:00 am History Documentary 12:00 pm Lunch 1:00 pm Senior Dance	**24** 10:00 am Book Club 11:00 am You Tube Stretch Class 12:00 pm Lunch 1:00 pm Apollo Nights	**25** 10:00 am Coffee & Conversations 11:00 am You Tube Chair Aerobic 12:00 pm Lunch 1:00 pm Health Resources Discussion		**27** 10:00 am Coffee & Current Events 11:00 am Arts & Crafts: Sketching 12:00 pm Lunch 1:00 pm Poetry Prompts
30 10:00 am Coffee & Music 11:00 am History Documentary 12:00 pm Lunch 1:00 pm Senior Dance	**12/1** 10:00 am Book Club 11:00 am You Tube Stretch Class 12:00 pm Lunch 1:00 pm Family Feud	***12/2*** 10:00 am Coffee & Conversations 11:00 am You Tube Chair Aerobic 12:00 pm Lunch 1:00 pm Health Resources Discussion	***12/3*** 10:00 am Book Club 11:00 am Games & Puzzles 12:00 pm Lunch 1:00 pm Bingo	***12/4*** 10:00 am Coffee & Current Events 11:00 am Arts & Crafts: Sketching 12:00 pm Lunch 1:00 pm Poetry Prompts
12/7 10:00 am Coffee & Music 11:00 am History Documentary 12:00 pm Lunch 1:00 pm Senior Dance	***12/8*** 10:00 am Book Club 11:00 am You Tube Stretch Class 12:00 pm Lunch 1:00 pm Apollo Nights	***12/9*** 10:00 am Coffee & Conversations 11:00 am You Tube Chair Aerobic 12:00 pm Lunch 1:00 pm Health Resources Discussion	***12/10*** 10:00 am Book Club 11:00 am Games & Puzzles 12:00 pm Lunch 1:00 pm Bingo	***12/11*** 10:00 am Coffee & Current Events 11:00 am Arts & Crafts: Sketching 12:00 pm Lunch 1:00 pm Poetry Prompts



2026