Iona Senior Services
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Website: www.iona.org

Visit www.AroundtownDC.org for more events and programs

Special Events:

November 3rd : Potomac Mills

November 17th: Martha's Table: Senior Fitness & Grocery

November 27th: Black Friday Outlet

November 2026

St. Mary's Court

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 10:00 Audio Book Club 11:00 am You Tube Chair Aerobic w/Caprice 12:00 pm Lunch 1:00 pm Poetry Prompt Writing	**3** 10:00 am Coffee & Local News 11:00 am Open Mic 12:00 pm Lunch 1:00 pm Pop & Paint with Caprice Trip: Arundel Mills	**4** 10:00 am Audio Book Club 11:00 am Artist Spotlight & Convo w/Caprice 12:00 pm Lunch 1:00 pm Memory Games	**5** 10:00 am Coffee & Music 11:00 am Interactive Dance Party 12:00 pm Lunch 12:30 – 2:00 pm Visit: Iona Brain Health Bingo 1:00 pm Health Discussion	**6** 10:00 am Audio Book Club 11:00 am Comm Fitness w/Kojack 12:00 pm Lunch 1:00 pm Bingo
9 10:00 Audio Book Club 11:00 am You Tube Chair Aerobic w/Caprice 12:00 pm Lunch 1:00 pm Poetry Prompt Writing	**10** 10:00 am Coffee & Local News 11:00 am Open Mic 12:00 pm Lunch 1:00 pm Family Feud		**12** 10:00 am Coffee & Music 11:00 am Interactive Dance Party 12:00 pm Lunch 1:00 pm Health Discussion	**13** 10:00 am Audio Book Club 11:00 am Comm Fitness w/Kojack 12:00 pm Lunch 1:00 pm Bingo Nutrition ED: Nutrition In the News
16 10:00 Audio Book Club 11:00 am You Tube Chair Aerobic w/Caprice 12:00 pm Lunch 1:00 pm Poetry Prompt Writing	**17** 10:00 am Coffee & Local News 11:00 am Open Mic 12:00 pm Lunch 1:00 pm Pop & Paint with Caprice Visit: Legal Counsel for the Elderly Senior Medicare Patrol Trip: Martha's Table: Senior Fitness & Grocery	**18** 10:00 am Audio Book Club 11:00 am Apollo Nights 12:00 pm Lunch 12:30 – 2:00 Visit: Iona Memory Clinic 1:00 pm Memory Games	**19** 10:00 am Coffee & Music 11:00 am Interactive Dance Party 12:00 pm Lunch 1:00 pm Health Discussion	**20** 10:00 am Audio Book Club 11:00 am Comm Fitness w/Kojack 12:00 pm Lunch 1:00 pm Bingo
23 10:00 Audio Book Club 11:00 am You Tube Chair Aerobic w/Caprice 12:00 pm Lunch 1:00 pm Poetry Prompt Writing	**24** 10:00 am Coffee & Local News 11:00 am Open Mic 12:00 pm Lunch 1:00 pm Family Feud Nutrition ED: Demystifying Food Labels	**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 Audio Book Club 11:00 am Comm Fitness w/Kojack 12:00 pm Lunch 1:00 pm Bingo Trip: Black Friday Outlet Store
30 10:00 Audio Book Club 11:00 am You Tube Chair Aerobic w/Caprice 12:00 pm Lunch 1:00 pm Poetry Prompt Writing	**12/1** 10:00 am Coffee & Local News 11:00 am Open Mic 12:00 pm Lunch 1:00 pm Pop & Paint with Caprice	***12/2*** 10:00 am Audio Book Club 11:00 am Apollo Nights 12:00 pm Lunch 1:00 pm Memory Games	***12/3*** 10:00 am Coffee & Music 11:00 am Interactive Dance Party 12:00 pm Lunch 1:00 pm Health Discussion	***12/4*** 10:00 am Audio Book Club 11:00 am Comm Fitness w/Kojack 12:00 pm Lunch 1:00 pm Bingo
12/7 10:00 Audio Book Club 11:00 am You Tube Chair Aerobic w/Caprice 12:00 pm Lunch 1:00 pm Poetry Prompt Writing	***12/8*** 10:00 am Coffee & Local News 11:00 am Open Mic 12:00 pm Lunch 1:00 pm Family Feud	***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 Coffee & Music 11:00 am Interactive Dance Party 12:00 pm Lunch 1:00 pm Health Discussion	***12/11*** 10:00 am Audio Book Club 11:00 am Comm Fitness w/Kojack 12:00 pm Lunch 1:00 pm Bingo

