**Last Month in January:**

We started our New Year with champagne and caviar at a “Black & White” party. Many of our participants dressed to toast in the new decade. “Safe at Home” was a presentation by Anne Holic, project manager for “Rebuilding Together”. Insightful tips and assistance for our changing at home needs. We had a community conversation on the heels of the holiday. New activities, areas to explore with more opportunities to socialize were key takeaways. A trip to the African American History Museum with a return this month was inspirational and enlightening. Thanks to Kobe Bryant and many others for museum donations. Our new Farmer’s Market format debuted & is now operating the first and third Thursdays via Hungry Harvest—many thanks to my Iona colleagues for their hard work in making it happen.

**Coming in March**

- Music Appreciation with Bertram Mcleish
- “Ask the Doctor” with Dr. Bowles
- Series on the Brain (pt.9) continues
- Women’s History Month
- Roaring Twenties & the Rise of Women
- Spring Equinox

Courtney Tolbert, Program Manager
(202) 363-5145
St. Albans Episcopal Church (Satterlee Hall/Trenbath Assembly) 3001 Wisconsin Avenue, NW
Washington, DC 20016

Sponsored By:
St. Albans Episcopal Church, Iona Senior Services, FreshFarm Markets, DOES SCSEP Program.

Part of the District’s Senior Service Network: Supported by the DC Department of Aging and Community Living

**Did you know?**

Iona offers a wide range of programs and services in addition to the Active Wellness Program at St. Albán’s.

- Consultations to help you plan for your future or to help you explore care and support options;
- Care managers who can coordinate in-home services if needed, accompany you on doctor visits, and help you make important long-term care decisions;
- Support groups for caregivers and people dealing with memory loss, Parkinson’s, and low vision;
- Counseling services to help you cope with the emotional challenges of aging;
- Nutrition Information, Assessment, & Counseling to maintain optimal nutritional health and quality of life;
- Adult Day Services for stimulating activities, social engagement, and nursing care during the day.

To learn more, call Iona at (202) 895-9448, and ask for the Helpline.

4125 Albemarle Street, NW | Washington, DC 20016
www.iona.org

Join the conversation at facebook.com/IonaSeniorServices

**February 2020**

Iona’s Active Wellness Program at St. Albán’s

St. Albán’s Episcopal Church (Satterlee Hall/Trenbath Assembly) 3001 Wisconsin Avenue NW | Washington, DC

February’s Themes: African American History Month, U.S. Geography, & Jazz cont.
## Monthly Activities

**EXERCISE! Mondays: 11:00 AM-12:00 PM**
A flow of exercises, done seated and standing, incorporating weights, designed to improve strength, balance and posture. Follow this prescription for better health & vitality!

Instructor: Kathleen Gracenin

Move to the Music Tuesdays: 11:00 AM -12:00 PM
A combo class using elements of Tai Chi, Yoga, Qi Gong and Dance sequences, to help the BODY improve strength, balance and alignment, but also the MIND. Studies show dancing a little each day, can help health of your brain. Follow this prescription and watch your SPIRIT rise!

Instructor: Dr. Linda Smith

**FOYF Thursdays: 11:00 AM-12:00 PM**
FOYF is a group exercise class to celebrate mature clients in their evolving fitness journey. Participants will be guided through challenging, full body workout via cardio, strength, core/balance and flexibility training. Seated & standing options are presented with modifications where necessary.

Instructor: Gerri Carpenter

**Rousing discussion on current events, twice a month**
Join a lively group of needlecraft artists. Bring a project or start one. Tuesdays: 10:00 AM-11:00 AM
Seated Work from 11:00 AM-12:00 PM Engagement Forum with Mayor Bowser

Instructor: Dr. Linda Smith

**Make connections to our ever changing world.**
Through film, music, and presentations, we address the many challenges. Once a month, check calendar for date.

Instructor: Kathleen Gracenin

**Learn the human body.**
We, our body and world cultures shift through the ages. Through film, music, and presentations, we make connections to our ever-changing world.

Instructor: Dr. Thom Bowles

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### February 2020

#### Weekday Lunch:
A nutritionally-balanced meal is served weekdays (except holidays) from Noon -12:30 PM. Meals served under the program provide at least one-third of the current daily recommended dietary reference intakes (DRI’s) established by the Food and Nutrition Board of the Institute of Medicine. The full cost of each lunch is $8.00. For DC residents age 60 or older, a voluntary contribution is requested. Please contribute as much as you can. Please reserve your meals by Tuesday for the following week. Reservations are made at the front desk. If you join us, please make sure to sign in and check off your activities. Honoring your meal reservation is strongly encouraged – as is signing in at the front desk. You may also make lunch reservation as an enrolled participant by calling (202) 363-5145. Thank you. Please note the “Farm-to-Market” program has moved to the first and third Thursday of each month.

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<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tbody>
<tr>
<td>3. 10:00 Coffee &amp; Refreshments</td>
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<td>10:15 Resource Specialist Liza</td>
<td>10:30 Computer Basics with Nathaniel</td>
<td>10:30 Exercise with Gerri</td>
<td>10:45 Farm to Market w/Courtney</td>
<td>10:00 Coffee &amp; Refreshments</td>
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<td>11:00 Exercise!</td>
<td>10:00 Phoebe’s Knitting Circle 2</td>
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<td>11:00 FOYF with NiClaire</td>
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<td>12:00 Lunch</td>
<td>11:00 Move to Musical</td>
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<td>10:30 Matt Yoga with Linda</td>
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<td>12:35 Open Social-light refreshments</td>
<td>12:35 Intro to African American History, Carter G. Woodson &amp; First documented Africans in America</td>
<td>12:35 “Trends and Topics with Edie” - Room 203</td>
<td>12:35 Film Club and Discussion Group “Legacy” documentary by Tod Lending</td>
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<td>12:35 Film Club and Discussion Group “Loving” true story of Mildred &amp; Richard Loving’s landmark case</td>
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<td>12:35 Jazz and Art-filling our palate with colors and notes</td>
<td>12:35 “Ask the Doctor” with Dr. Tom Bowles</td>
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<td>12:45 Film Club and Discussion Group “The Cotton Club” starring Richard Gere and Gregory Hines</td>
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**Site Closed for President’s Day**

- **Trip**
  - 10:00 Coffee & Refreshments
  - 10:00 Morning Trip to African American History Museum/ground floor
  - 11:15 Exercise with Gerri
  - 12:00 Lunch

**“Our Human Bodies,” with Dr. Thom Bowles**

- The doctor is “in” at Active Wellness. Discuss questions and answers, and common sense approaches to life’s little challenges. Once a month, check calendar for date.

**Explorations**

- Join us as we explore the human body, our world and cultural shifts through the ages. Through film, music, and presentations, we make connections to our ever-changing world.

**“White Privilege: Reparations” and the “American Dream”**

- 12:45 Bingo with Courtney

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**Exercise with Gerri Wednesdays:**

- 11:15 AM -12:00 PM
  - Rollicking, spirited, heart-pumping fun with hand/eye coordination, core workout, bone density-building and strengthening.

Instructor: Gerri Carpenter

**FOYF Thursdays: 11:00 AM-12:00 PM**

- FOYF is a group exercise class to celebrate mature clients in their evolving fitness journey. Participants will be guided through challenging, full body workout via cardio, strength, core/balance and flexibility training. Seated & standing options are presented with modifications where necessary.

- FOYF benefits of remaining physically active!

Instructor: NiClaire Jones

**Yoga with Linda on Fridays, May 30-10:30-11:00 AM**

- Pre-class session for people who want to build their yoga stretch. Attention is given to getting down to your mat and also getting up from the mat safely.

- Seated Work from 11:00 AM-12:00 PM

Instructor: Dr. Linda Smith

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