**Last Month in February:**

We celebrated Black History Month with a lecture and film series. We highlighted post-Reconstruction America, race, racism, and white supremacy & explored the definition of “white privilege”. We tried out a new Farmer’s Market format, returning market days to Mondays. We were gifted the most beautiful flowers—many thanks to Iona staff member Darryl Simpson. Our trip to the Museum of African American History was great and gave us a taste of the many exhibits. DACL Director Laura Newland returned to give another popular Town Hall Budget Meeting. Valentine’s Day was an affection feast!

**Coming in April**

- Music Appreciation with Bertram Mcleish
- “Ask the Doctor” with Dr. Bowles
- Series on the Brain (pt. 10) continues
- Exploring India-topography, history and culture
- Trends and Topics with Edie Malman

**Did you know?**

Iona offers a wide range of programs and services in addition to the Active Wellness Program at St. Alban’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**
### 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 the health of your brain. Follow this prescription and watch your SPIRIT rise!  
Instructor: Kathleen Gracenin

**Yoga/Fit** Wednesdays: 11:15 AM-12:00 PM  
Rolling, 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,** 11:00 AM-12:00 PM  
Yoga with Linda is a flowing, rapid flow of exercises, done seated and standing yoga.  
Instructor: Dr. Linda Smith

**Phoebe’s Knitting Circle**  
Tuesdays: 10:00-11:00 AM  
Join a lively group of needlecraft artists. Bring a project or help to make items for distribution by St. Albin’s Church.  
Instructor: Karen

**Computer Program: Personal Computer Basics with Nathaniel**  
One-on-One MicroSoft®/Apple computer help. Indicate topics to be covered, so that preparation can be made. Tuesdays: 1:00-11:00 AM Reservations required.  
Instructor: Nathaniel

**Tours**  
*Phillips Museum*  
10:00 AM-11:00 AM  
Walk through the museum with a docent, your tour guide.

**Film Club and Discussion Group**  
3:00-4:00 PM  
Film Club and Discussion Group “Wonder Woman” starring Gal Gadot record breaking film of comic book series  
Instructor: Mike Phillips

**Open Mic Poetry Session**  
3:00-4:00 PM  
Open Mic Poetry Session featuring original works and favorite pieces

### 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.  
*NOTE: we have three Farmer’s Markets this month, on the 1st, 3rd, and 5th Mondays!*

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### Topics and Trends with Edie  
Kathleen Gracenin

**“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.

**March 2020**

**Monday:** 11:00 AM-12:00 PM  
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