Last Month in September:
Last month we enjoyed a presentation on Hazel Scott, with hopes that her incredible legacy continues for decades to come. Cambodia amazed us with their complicated, astounding culture. The "UnRacism" series continued with excellent interactions. We may overcome this issue yet. Our community, dispersed but very much connected. We are masked, walking and taking in our city of many changes. Below are a few sightings. Wash your hands, wear your masks; stay mentally and physically healthy.-until we meet again.

Coming in November:
- Monday Discussions: Focus on Native American, Indigenous Cultures of the Americas
- Tuesday Music Appreciation: series via Zoom
- Spanish Language Class and conversations con Maria y Courtney
- Zoom Poetry class-3rd Friday of every monthly

Courtney Tolbert, Program Manager
(202) 363-5145
St. Alban’s Episcopal Church (Satterlee Hall/Trenbath

Sponsored By:
St. Alban’s Episcopal Church, Iona Senior Services, DOES
Part of the District’s Senior Service Network

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; and
- 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
Weekday Lunch: During this crisis the DC Dept. of Aging and Community Living (DACL) is delivering 7 frozen meals per week to eligible older adults who are unable to shop for and/or prepare food for themselves. Call Iona’s Helpline: 202-895-9448 to enroll. You may call Liza Chapovsky (202) 895-9493 or Courtney Tolbert (202) 617-0868 with concerns, changes or cancellations to your delivery schedule.

*The Active Wellness Program follows the schedule of DC Public Schools during inclement weather and other state emergencies—which may change due to the pandemic* Updates will be announced as the situation changes.

<table>
<thead>
<tr>
<th>Day</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td><strong>1,000 Steps by Breakfast</strong> <em>1,000 Steps by Breakfast</em></td>
<td><strong>1,000 Steps by Breakfast</strong> <em>1,000 Steps by Breakfast</em></td>
<td><strong>1,000 Steps by Breakfast</strong> <em>1,000 Steps by Breakfast</em></td>
<td><strong>800 Steps by Breakfast</strong> <em>800 Steps by Breakfast</em></td>
<td><strong>800 Steps by Breakfast</strong> <em>800 Steps by Breakfast</em></td>
</tr>
<tr>
<td></td>
<td>10:00 Hydration hour-water 8 oz 11:00 Stretch &amp; Step!</td>
<td>10:00 Hydration hour-water 8 oz 11:00 Stretch &amp; Step!</td>
<td>10:00 Hydration hour-water 8 oz 11:00 Stretch &amp; Step!</td>
<td>10:00 Hydration hour-water 8 oz 11:00 Stretch &amp; Step!</td>
<td>10:00 Hydration hour-water 8 oz 11:00 Stretch &amp; Step!</td>
</tr>
<tr>
<td></td>
<td>1:00 Zoom Class: “What does it mean to celebrate Hispanic Heritage Month? With Courtney”</td>
<td>1:00 Lauri Winter: food journal review—any changes? 1:00 Music appreciation featuring Tito Puente &amp; Rubin Blades w/Courtney</td>
<td>1:00 Lauri Winter: “Shopping, Cooking and Eating Habits!” with Courtney</td>
<td>1:00 “The Latino List” documentary 2011 funny, insightful, timeless</td>
<td>2:00 “UnRacism” documentary. Never gets old.</td>
</tr>
<tr>
<td></td>
<td><strong>1,000 Steps by Breakfast</strong> <em>1,000 Steps by Breakfast</em></td>
<td>11:00 Stretch &amp; Step!</td>
<td>10:00 Hydration hour-water 8 oz 11:00 Stretch &amp; Step!</td>
<td>11:00 Stretch &amp; Step!</td>
<td>10:00 Hydration hour-water 8 oz 11:00 Stretch &amp; Step!</td>
</tr>
<tr>
<td></td>
<td>10:00 Hydration hour-water 8 oz 11:00 Stretch &amp; Step!</td>
<td>11:00 Stretch &amp; Step!</td>
<td>10:00 Hydration hour-water 8 oz 11:00 Stretch &amp; Step!</td>
<td>11:00 Stretch &amp; Step!</td>
<td>10:00 Hydration hour-water 8 oz 11:00 Stretch &amp; Step!</td>
</tr>
<tr>
<td></td>
<td>1:00 Lauri Winter, graduate certification candidate in Adult Education</td>
<td>12:00 Lunch Hour</td>
<td>1:00 Zoom Class: Conversamos, Comunicamos y Comida-registra through Around Town DC: conversations in Spanish! With Courtney and Maria</td>
<td>1:00 Lunch Hour</td>
<td>2:00 Lunch Hour</td>
</tr>
<tr>
<td></td>
<td><strong>1,000 Steps by Breakfast</strong> <em>1,000 Steps by Breakfast</em></td>
<td>2:00 Journaling</td>
<td>1:00 “The Latino List” documentary 2011 funny, insightful, timeless</td>
<td>2:00 Journaling another week of COVID-19 life</td>
<td>2:00 Journaling another week of COVID-19 life</td>
</tr>
<tr>
<td></td>
<td>10:00 Hydration hour-water 8 oz 11:00 Stretch &amp; Step!</td>
<td>2:00 Journaling</td>
<td>1:00 “The Latino List” documentary 2011 funny, insightful, timeless</td>
<td>2:00 Journaling another week of COVID-19 life</td>
<td>2:00 Journaling another week of COVID-19 life</td>
</tr>
</tbody>
</table>

For the foreseeable future, our regular monthly activities will be suspended because of our nationwide COVID-19 response.

If you have internet access and wish to join in some virtual fun, please check out “Around Town DC” where you will find a comprehensive calendar with a variety of exercises, discussions and fun! Visit www.aroundtowndc.org or email community@iona.org.

If you are in need of services, please contact Iona’s Information and Referral line: (202) 895-9448

Please note: The suggestions offered on the calendar for exercise and hydration are suggestions only; for those who are able to engage in virtual activities, that option is available, too.

The suggestion: “Stretch and Step” is a series of everyday stretching exercises such as reaching or “Climbing the Ladder” for several segments and “Tying Your Shoes” (from the seated position) and the DaVinci stance (from the painting of “Man”). Additionally, the “steps” portion is counting and keeping track of either steps in place, or steps along a predetermined route. Fun to see how many average steps are done in a day. Keep a journal of them and we can share our experiences which can get pretty lonely. If you should want some company, call a friend, contact IONA or write either letters, cards, or in a journal. Please be careful and don’t invite strangers into your home or communicate personal information. People are very busy working to commit fraud—don’t be a target! Stay safe, keep your distance and we will all get through thisplease be careful interacting. We all understand how challenging this time can be for all of us.