

Program Highlights

10/3 —Resource Specialist Carly– 10:00 Carly will also be here on Oct. 17, 24 & 31.

10/3 — Mark Gottlieb on Medicare Options — Mark will discuss and answer questions about Medicare to coincide with the Oct. Annual Enrollment Period.
12:45

10/6 —1st Thursday Produce Market– 10:30 Please Register at the Welcome Table

10/10—Program CLOSED for Indigenous Peoples' Day

10/11— Nourse Hall Stained Glass Windows - 12:45 With Reverend Emily— Reverend Emily has researched the stained glass windows in Nourse Hall Chapel. Come view this glass artistry with new appreciation for its beauty and relevance.

10/14— George Washington University Students—with the GW Balance Dance Troupe- come for a visit

10/17— ICE CREAM SOCIAL & BINGO with Iona volunteers

10/19 — PUBLIC SAFETY PRESENTATION & sssh.. A surprise celebration of service for Lieutenant John McDonald of the Metropolitan Police Dept.
12:30

10/21— 3rd Thursday Produce Market—10:30 Please register—Welcome Table.

10/24— FALL PREVENTION TRIVIA and useful strategies to stay safe with **Tori Goldhammer** of DACL's Safe at Home Program. 12:45

10/27— TRIP to the GW Museum/Textile Museum—9:30 — Exhibits include



“An Artist's Washington” and “Korean Fashion from Royal Court to Runway.

10/31— It's Halloween. We'll have a celebration with details TBA.

Is COVID over? We wish! Until this contagious airborne virus is no longer a threat we continue to have a mask mandate and encourage each participant to get the effective booster shot that is available, along with a flu shot, in each Ward's COVID center. Masks need to cover your nose and mouth in order to protect you and others. Uncomfortable? Perhaps, but if a surgeon can wear a mask during an hours-long surgery, you can keep yours on during the programs.

St. Alban's Episcopal Church

Satterlee Hall

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St. Alban's Team

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>10:00 Coffee & Conversation 10:00 Resource Specialist Carly 11:00 Yoga & Movement with Penelope 12:00 Lunch 12:45 MEDICARE OPTIONS FOR OPEN ENROLLMENT with Independent Broker Mark Gottlieb</p>	<p>4</p> <p>10:00 Coffee & Conversation 11:00 Strength, Balance & Core with Emma 12:00 Lunch 12:45 Games 12:45 Comedy Improv with Topher</p>	<p>5</p> <p>10:00 Coffee & Conversation 11:00 Dance with Taal (Rhythm) with Shuchi 12:00 Lunch 12:45 Art Adventures with Meg</p>	<p>6</p> <p>10:00 Coffee & Conversation 10:30 1st THURSDAY PRODUCE MARKET 11:00 Meditation & Movement with Meg 12:00 Lunch 12:45 Studio Art with Dominique</p>	<p>7</p> <p>10:00 Coffee & Conversation 11:00 Cardio Kick-Boxing with Vernetta 12:00 Lunch 12:45 Drumming with Monty</p>
<p>10</p> <p>PROGRAM CLOSED INDIGENOUS PEOPLES' DAY</p>	<p>11</p> <p>10:00 Coffee & Conversation 11:00 Strength, Balance & Core with Emma 12:00 Lunch 12:45 Games 12:45 Comedy Improv with Topher</p>	<p>12</p> <p>10:00 Coffee & Conversation 11:00 Dance with Taal (Rhythm) with Shuchi 12:00 Lunch 12:45 Art Adventures with Meg</p>	<p>13</p> <p>10:00 Coffee & Conversation 11:00 Meditation & Movement with Meg 12:00 Lunch 12:45 Studio Art with Dominique</p>	<p>14</p> <p>10:00 Coffee & Conversation 11:00 Cardio Kick-Boxing with Vernetta 11:00 VISIT FROM GWU VOLUNTEERS 12:00 Lunch 12:45 Drumming with Monty</p>
<p>17</p> <p>10:00 Coffee & Conversation 10:00 Resource Specialist Carly 11:00 Yoga & Movement with Penelope 12:00 Lunch 12:45 ICE CREAM SOCIAL & BINGO with Iona Community Volunteers</p>	<p>18</p> <p>10:00 Coffee & Conversation 11:00 Strength, Balance & Core with Emma 12:00 Lunch 12:45 Games 12:45 Comedy Improv with Topher 12:45 EXPLORE THE STAINED GLASS WINDOWS AT NOURSE HALL W/REV. EMILY</p>	<p>19</p> <p>10:00 Coffee & Conversation 11:00 Dance with Taal (Rhythm) with Shuchi 12:00 Lunch 12:30 PUBLIC SAFETY PROGRAM & CELEBRATION with Lieutenant John McDonald of the Metropolitan Police Department 12:45 Art Adventures with Meg</p>	<p>20</p> <p>10:00 Coffee & Conversation 10:30 3rd THURSDAY PRODUCE MARKET 11:00 Meditation & Movement with Meg 12:00 Lunch 12:45 Studio Art with Dominique</p>	<p>21</p> <p>10:00 Coffee & Conversation 11:00 Cardio Kick-Boxing with Vernetta 12:00 Lunch 12:45 Drumming with Monty</p>
<p>24</p> <p>10:00 Coffee & Conversation 10:00 Resource Specialist Carly 11:00 Yoga & Movement with Penelope 12:00 Lunch 12:45 FALL PREVENTION PROGRAM & TRIVIA with Tori Goldhammer for the Safe at Home program</p>	<p>25</p> <p>10:00 Coffee & Conversation 11:00 Strength, Balance & Core with Emma 12:00 Lunch 12:45 Games 12:45 Comedy Improv with Topher</p>	<p>26</p> <p>10:00 Coffee & Conversation 11:00 Dance with Taal (Rhythm) with Shuchi 12:00 Lunch 12:45 Art Adventures with Meg</p>	<p>27</p> <p>9:30 TRIP TO THE TEXTILE MUSEUM 10:00 Coffee & Conversation 11:00 Meditation & Movement with Meg 12:00 Lunch 12:45 Studio Art with Dominique</p>	<p>28</p> <p>10:00 Coffee & Conversation 11:00 Cardio Kick-Boxing with Vernetta 12:00 Lunch 12:45 Drumming with Monty</p>
<p>31</p> <p>HAPPY HALLOWEEN! 10:00 Coffee & Conversation 10:00 Resource Specialist Carly 11:00 Yoga & Movement with Penelope 12:00 Lunch 12:45 Program—TBA</p>	<p><i>Registration is required by the DC Department of Aging & Community Living. You must update this registration yearly to have lunch or attend programs. In October, we will begin to update each participant's registration.</i></p>	<p>A hot lunch is available Monday-Friday at noon. Please register for lunch at the Welcome Table. A vegetarian option is available; please request this when you sign up. A daily donation is suggested and helps sustain the program</p>	<p>Proof of Vaccination is required to participate. Unvaccinated participants can reserve a grab & go lunch. MASKS MUST BE WORN AT ALL TIMES UNLESS EATING OR DRINKING.</p>	

Congratulations are in Order!

