September 2023

Falls Prevention Day—Thursday, September 21
Join Seniors from throughout the City to learn strategies for safely navigating life fall-free. Details forthcoming. And be on the lookout for a new falls prevention and exercise program, SAILS, coming to St. Albans in October.

Monday, September 25, 12:45 pm—Celebrate September Birthdays with Karaoke and fun. Were you born in September? We want to celebrate you—let us know at the Reception Table!

Tuesday, September 26, 12:45 pm—Meeting of the Senior Advisory Group While Iona provides the basic structure of life at the Center, participant input and suggestions are welcome, and several participants have expressed interest in a leadership role as Advisors. For this open meeting, all participants are welcome and encouraged to attend and share their thoughts. Refreshments served.

Wednesday, September 27, 10:00 am—Trip to the Arboretum Covering over 450 acres, this National Research and Education Center is an urban oasis boasting beautiful gardens, specialized plant collections, and the popular Capitol Columns. A box lunch will be provided for an onsite picnic.

Thursday, September 28, 10:30-11:30 am—STOCK THE PANTRY. While we anticipate potential changes to our Farm Market program in 2024, September will be a great month for fresh food and more at St. Albans. In addition to our 1st and 3rd Thursday produce markets (Sept. 7 & 21), we will be offering a market bag of pantry staples on Thurs., Sept. 28. Let us know if you want to participate, and bring your reusable bags!

A Word about Safety! We cannot be responsible for your belongings, and ask that you be vigilant about them while you are at the program.

Around Town DC at St. Alban’s September 2023

Program Highlights

Here’s a guide to September at St. Albans. We’ll have our final “Bingocize” on Tuesday, September 5. Hal, Camille, and Regine will be subbing while Penelope and Vernetta take well-deserved breaks. More news and tips from Iona’s Nutrition Dept in the insert.

Produce Market on Thursdays, September 7 & 21, 10:30-11:30 am
Stock the Pantry Market on Thurs., Sept 28, 10:30-11:30 am

For a helping hand with many of the issues of growing older, Resource Specialist Carly will be in Room 203 with advice and assistance. Mondays Sept. 11, 18 & 25, 10-11:30

Monday, September 4: CLOSED FOR LABOR DAY
Wednesday, September 6, Brain Games—Cheer on the Ward 3 Wizards and Ward 2 Cosmopolitans as they compete in this annual contest.

Monday, September 11, 12:45—Movie Matinee
Wednesday, September 13, 12:45—Collage with Joan
Monday, Sept; 18, 12:45—Repair Café/Open Sew w/Edie & Hana

Tuesday, September 19, 12:45 —
GUEST LECTURE sponsored by Moment Magazine: Dan Freedman, Veteran journalist and senior editor at Moment Magazine will tackle the topic of the 2024 Elections.

Supported by the DC Department of Aging and Community Living
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.

Registration is required by the DC Department of Aging & Community Living to take part in programs and have lunch. Please ask at the Welcome Table to update your registration and emergency contact information for 2023.

**Japan at Night**  
by Joan Shapiro  
Check out her collage workshop on Wed, Sept. 13!

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### 4 CLOSED FOR LABOR DAY

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<tr>
<td>10:00 Coffee &amp; Conversation</td>
<td>10:30 BRAIN GAMES COMPETITION</td>
<td>10:00 Coffee &amp; Conversation</td>
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<td>11:00 Yoga &amp; Movement with Penelope</td>
<td>11:00 Dance with Taal (Rhythm) with Shuchi</td>
<td>11:00 Meditation &amp; Movement with Meg</td>
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<td>12:00 Lunch</td>
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<td>12:45 Comedy Improv with Topher</td>
<td>12:45 Art Adventures with Meg</td>
<td>12:45 Drumming with Monty</td>
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<tr>
<td>11:00 Chair Cardio Kick-Boxing with Vernetta</td>
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<td>12:00 Lunch</td>
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