

# Around Town DC Calendar

## In-Person, Virtual, & Single-Occurrence Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>9:30 am - 10:15 am:</b> Pilates Mat at Georgetown Library with Ayanna</p> <p><b>10:00 am - 11:00 am:</b> Zumba Gold at Tenley-Friendship Library with Ruth</p> <p><b>10:30 am - 11:30 am:</b> Boxing at Shaw with Dion Peak <b>(Ending after 12/16)</b></p> <p><b>10:30 am - 12:30 pm:</b> Fine Arts Lesson at Cleveland Park Library with Dominique</p> <p><b>11:00 am - 12:00 pm:</b> Yoga at Georgetown Library with Beth</p> <p><b>12:00 pm – 1:00 pm</b> VIRTUAL Yoga with Bara</p> <p><b>1:30 pm - 2:30 pm:</b> Strength, Balance, and Core at Iona with Emma <b>(FULL)</b></p> <p><b>4:00 pm – 5:00 pm</b> VIRTUAL Monday Workshop with Courtney</p> <hr/> <p><b>December 16<sup>th</sup> at 12:45pm</b> An Afternoon of Jazz, Blues &amp; R&amp;B/Oldies <u>At St. Albans Satterlee Hall 3001 Wisconsin Ave NW (no registration needed)</u></p> <p><b>December 16<sup>th</sup> at 7:00pm</b> VIRTUAL Monthly Movie Night with Topher</p> <p><b>December 23<sup>rd</sup> at 4 - 5 pm</b> VIRTUAL Monthly Gratitude and Joy Circle with Ieva</p>	<p><b>9:45 am - 10:30 am:</b> Pilates Mat at Georgetown Library with Ayanna</p> <p><b>11:00 am - 12:00 pm:</b> Easygoing Exercising at West End with Mike <b>(Ending after 12/3)</b></p> <p><b>11:00 am - 12:30 pm:</b> “Mixed Media Approaches” at Georgetown Library with Samantha</p> <p><b>11:00 am – 12:00 pm</b> VIRTUAL Zumba Gold with Ruth</p> <p><b>12:15 pm - 1:15 pm:</b> Yoga for Balance on the Floor at Cleveland Park Library with Ayanna</p> <p><b>12:45 pm – 2:00 pm</b> All-Level Watercolor at St. Albans Satterlee Hall with Ida C.</p> <p><b>1:00 pm - 2:00 pm:</b> Line Dance Lesson at Iona Senior Services with Karen</p> <p><b>1:00 pm - 2:00 pm:</b> Sewing and Mending Café at Iona with Edie</p> <p><b>1:00 pm – 2:00 pm</b> VIRTUAL Fine Arts Lesson with Dominique</p> <p><b>2:00 pm - 3:00 pm:</b> Yoga at Palisades Library with Beth</p> <p><b>2:00 pm - 3:00 pm:</b> Strong Seniors at West End with Chris <b>(Ending after 12/3)</b></p> <p><b>4:00 pm - 5:00 pm:</b> Device Support at Iona with Albert</p> <p><b>5:00 pm – 6:00 pm</b> VIRTUAL Mystery Short Story Group</p> <hr/> <p><b>December 17<sup>th</sup> at 4 – 5pm</b> VIRTUAL Monthly Music Appreciation with Courtney</p>	<p><b>10:00 am - 11:00 am:</b> Stretch &amp; Flex at Palisades Library with Ayanna</p> <p><b>10:00 am – 11:00 am:</b> VIRTUAL Advanced Yoga with Camille</p> <p><b>10:30 am - 11:30 am:</b> Gentle Yoga at Tenley Library with Beth</p> <p><b>11:00 am – 12:00 pm:</b> VIRTUAL Dance &amp; Yoga for Mind, Body &amp; Spirit with Smita</p> <p><b>12:30 pm – 1:30 pm</b> VIRTUAL African American Artists with Chichi</p> <p><b>1:00 pm - 2:00 pm:</b> Move to Music at West End Library with Ruth</p> <p><b>2:15 pm - 3:15 pm:</b> Zumba Gold at West End Library with Ruth</p> <p><b>3:00 pm - 4:00 pm:</b> Senior Sing a Long at Iona and Virtual with Deborah (Due to holiday closures, the 12/25 and 1/1/25 sessions will instead be held on 12/23 and 12/30 at 3pm)</p> <hr/> <p><b>December 11<sup>th</sup> 10am – 12:30pm</b> Walking tour of Old Town Alexandria with Jane. K</p> <p>Click here to register: <a href="https://tinyurl.com/janewalkingtourolatown">https://tinyurl.com/janewalkingtourolatown</a></p>	<p><b>10:00 am – 11:00 am:</b> VIRTUAL Mindfulness Meditation with Nadine (subbing for Kaili)</p> <p><b>10:00 am – 11:00 am:</b> VIRTUAL World Textiles with Samantha</p> <p><b>11:00 am – 11:00 am:</b> VIRTUAL Fitness for Everyday Living with Prince <b>(Ending after 12/5)</b></p> <p><b>1:00 pm – 2:00 pm:</b> VIRTUAL Meditation and Movement with Meg</p> <p><b>1:15 pm - 2:15 pm:</b> Zumba Gold at SHAW Library with Ruth</p> <p><b>2:00 pm - 3:00 pm:</b> Strength, Balance, and Core at Palisades Library with Emma</p> <hr/> <p><b>December 12<sup>th</sup> 10 am – 11:00 am</b> “Exploring Your Individual Transportation Needs” with Stephanie from Capitol Hill Village <u>At St. Albans Satterlee Hall – 3001 Wisconsin Ave. NW</u></p>	<p><b>10:00 am - 11:00 am:</b> Zumba Gold at Iona with Ruth</p> <p><b>10:00 am – 11:00 am:</b> VIRTUAL Yoga with Jennifer</p> <p><b>11:00 am - 12:00 pm:</b> Yoga at Cleveland Park Library with Camille</p> <p><b>11:00 am - 12:00 pm:</b> Tai Chi at Palisades Library with Diane</p> <p><b>11:00 am - 12:00 pm:</b> Chair Yoga at MLK Library with Beth</p> <p><b>1:30 pm - 2:30 pm:</b> Strength, Balance, and Core at Iona with Emma</p> <p><b>2:00 pm – 3:00 pm:</b> VIRTUAL Tai Chi with Joel</p> <p><b>3:00 pm - 4:00 pm:</b> Tai Chi at Guy Mason Center with Ed</p>

**Blue - Program at Iona. Red - Program VIRTUAL via Zoom. Black -Program at a DCPL. Green - Program at Rec. Center. Purple – Other**

\*Calendar is subject to change.