

Around Town DC Calendar

In-Person, Virtual, & Single-Occurrence Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:30 am - 10:15 am: Pilates Mat at Georgetown Library with Ayanna</p> <p>10:00 am - 11:00 am: Zumba Gold at Tenley-Friendship Library with Ruth</p> <p>10:30 am - 12:30 pm: Fine Arts Lesson at Cleveland Park Library with Dominique</p> <p>11:00 am - 12:00 pm: Yoga at Georgetown Library with Beth</p> <p>12:00 pm - 1:00 pm VIRTUAL Yoga with Bara</p> <p>1:30 pm - 2:30 pm: Strength, Balance, and Core at Iona with Emma (FULL)</p> <p>4:00 pm - 5:00 pm VIRTUAL Monday Workshop with Courtney</p> <hr/> <p>January 20th at 7pm VIRTUAL Monthly Movie Night with Topher (still occurring, though <u>all other classes on January 20th are cancelled for MLK Day</u>)</p> <p>----SPECIAL PROGRAM---- January 27th at 3 - 4 pm VIRTUAL "Discover How Iona Can Support You" with Samantha Henson, LICSW (Email community@iona.org to register)</p> <p>January 30th at 4 - 5 pm VIRTUAL Monthly Gratitude and Joy Circle with Ieva</p>	<p>9:45 am - 10:30 am: Pilates Mat at Georgetown Library with Ayanna</p> <p>11:00 am - 12:30 pm: "Mixed Media Approaches" at Georgetown Library (Samantha is back January 28th - until then, come enjoy open studio time)</p> <p>11:00 am - 12:00 pm VIRTUAL Zumba Gold with Ruth</p> <p>12:15 pm - 1:15 pm: Yoga for Balance on the Floor at Cleveland Park Library with Ayanna</p> <p>12:45 pm - 2:00 pm All-Level Watercolor at St. Albans Satterlee Hall with Ida C.</p> <p>1:00 pm - 2:00 pm: Line Dance Lesson at Iona Senior Services with Karen</p> <p>1:00 pm - 2:00 pm: Sewing and Mending Café at Iona with Edie</p> <p>1:00 pm - 2:00 pm VIRTUAL Fine Arts Lesson with Dominique</p> <p>2:00 pm - 3:00 pm: Yoga at Palisades Library with Beth</p> <p>4:00 pm - 5:00 pm: Device Support at Iona with Albert (cancelled 1/28/25)</p> <p>5:00 pm - 6:00 pm VIRTUAL Mystery Short Story Group</p> <hr/> <p>January 21st at 10 am - 11 am VIRTUAL Legal Counsel for the Elderly Presents: Social Security Benefits, My Social Security Accounts, and Cost of Living Increase. (Email community@iona.org to register)</p> <p>January 21st at 4 pm - 5 pm VIRTUAL Monthly Music Appreciation with Courtney</p>	<p>10:00 am - 11:00 am: Stretch & Flex at Palisades Library with Ayanna</p> <p>10:00 am - 11:00 am: VIRTUAL Advanced Yoga with Camille</p> <p>10:30 am - 11:30 am: Gentle Yoga at Tenley Library with Beth</p> <p>11:00 am - 12:00 pm: VIRTUAL Dance & Yoga for Mind, Body & Spirit with Smita</p> <p>12:30 pm - 1:30 pm VIRTUAL African American Artists with Chichi</p> <p>1:00 pm - 2:00 pm: Senior Strength and Balance at West End Library with Ruth</p> <p>2:15 pm - 3:15 pm: Zumba Gold at West End Library with Ruth</p> <p>3:00 pm - 4:00 pm: Senior Sing-Along at Iona and Virtual with Deborah</p>	<p>10:00 am - 11:00 am: VIRTUAL Mindfulness Meditation with Kaili</p> <p>1:00 pm - 2:00 pm: VIRTUAL Meditation and Movement with Meg</p> <p>1:15 pm - 2:15 pm: Zumba Gold at SHAW Library with Ruth</p> <p>2:00 pm - 3:00 pm: Strength, Balance, and Core at Palisades Library with Emma</p>	<p>10:00 am - 11:00 am: Zumba Gold at Iona with Ruth (FULL)</p> <p>10:00 am - 11:00 am: VIRTUAL Yoga with Jennifer</p> <p>11:00 am - 12:00 pm: Yoga at Cleveland Park Library with Camille</p> <p>11:00 am - 12:00 pm: Tai Chi at Palisades Library with Diane</p> <p>11:00 am - 12:00 pm: Chair Yoga at MLK Library with Beth</p> <p>1:30 pm - 2:30 pm: Strength, Balance, and Core at Iona with Emma</p> <p>2:00 pm - 3:00 pm: VIRTUAL Tai Chi with Joel</p> <p>3:00 pm - 4:00 pm: Tai Chi at Guy Mason Center with Ed</p>

January Holiday Closures:
Around Town DC programs will not occur on **January 1st & January 20th***

*Topher's Monday Movie night on January 20th will still occur at 7pm.

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.