

# 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 - 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 (FULL)</p> <p><b>4:00 pm - 5:00 pm</b> VIRTUAL Monday Workshop with Courtney</p> <hr/> <p><b>February 17th at 7pm</b> VIRTUAL Monthly Movie Night with Topher (still occurring, though <u>all other classes on February 17th are cancelled for Presidents Day</u>)</p> <p><b>February 24th 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 - 12:30 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 (PAUSING AFTER FEB. 4<sup>th</sup>)</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>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>February 18th at 4 pm - 5 pm</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> Senior Strength and Balance 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-Along at Iona and Virtual with Deborah</p> <hr/> <p><b>February 5<sup>th</sup> at 10 am - 11 am:</b> VIRTUAL "Your Guide to SNAP Benefits and Food Resources in DC" with Legal Counsel for the Elderly. Email <a href="mailto:community@iona.org">community@iona.org</a> to register.</p> <p><b>February 12<sup>th</sup> at 2 pm - 3 pm:</b> SPECIAL EVENT "Bridging Cultures: Conversations Across Generations" with Fulbright Amideast students and the Around Town DC community. Email <a href="mailto:community@iona.org">community@iona.org</a> to learn more and register.</p>	<p><b>10:00 am - 11:00 am:</b> VIRTUAL Mindfulness Meditation with Kaili</p> <p><b>10:00 am - 11:00 am:</b> VIRTUAL World Textiles with Samantha</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>February 27<sup>th</sup> at 1 pm - 2 pm:</b> VIRTUAL "Iona Insights: Planning for Now and the Future" with Lisa Rindner, Aging and Caregiving Support Manager at Iona. Email <a href="mailto:community@iona.org">community@iona.org</a> to register.</p> <p><b>February 27<sup>th</sup> at 10 am - 12 pm:</b> Walking Tour of U Street Neighborhood with Jane K. in celebration of Black History Month. Register at <a href="https://tinyurl.com/JaneUStwalk">https://tinyurl.com/JaneUStwalk</a></p>	<p><b>10:00 am - 11:00 am:</b> Zumba Gold at Iona with Ruth (FULL)</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>

**February Holiday Closures:**  
Around Town DC programs will not occur on **February 17<sup>th</sup>\***

\*Monthly Movie Night with Topher will still occur on February 17<sup>th</sup> 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.