

Around Town DC Calendar

In-Person, Virtual, & Single-Occurrence Programs

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>March 3rd at 10 am NEW VIRTUAL Digital Literacy with Delilah. Email community@iona.org to register or use this link to join.</p> <p>March 17th at 7 pm VIRTUAL Monthly Movie Night with Topher</p> <p>March 24th, time TBD SPECIAL in-person "Making Time for Gratitude & Joy in Your Life" with Ieva and our Gratitude and Joy Circle</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 with Samantha</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. [CLASS PAUSED]</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</p> <p>5:00 pm - 6:00 pm VIRTUAL Mystery Short Story Group</p> <hr/> <p>March 18th 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> <hr/> <p>March 5th at 10 - 11 am VIRTUAL "Transportation and Utility Assistance for DC Seniors" with Legal Counsel for the Elderly. Email community@iona.org to register.</p> <p>March 26th at 10am Walking Tour of Cherry Blossoms at the Tidal Basin with Jane K. Click here to register or go to https://tinyurl.com/cherrywalk.</p>	<p>10:00 am - 11:00 am: VIRTUAL Mindfulness Mediation with Kaili</p> <p>10:00 am - 11:00 am: VIRTUAL World Textiles with Samantha</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> <hr/> <p>March 6th at 3 - 4:30 pm "Death Café with Dixcy" at Iona Senior Services. Limited spots remaining. Email community@iona.org to register, join the waitlist, or get more information about the April session.</p> <p>March 20th at 10am VIRTUAL "Family Mediation and Long Term Care Planning" with Mark Gottlieb and Paula Moore. Email community@iona.org to register.</p> <p>March 27th at 1 pm - 2 pm: VIRTUAL "Iona Insights: Navigating Memory - Aging vs. Dementia" with Julia Pruitt, ADRD Clinical Manager. Email community@iona.org to register.</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> <hr/> <p>March 28th at 4- 5 pm SPECIAL In-person <i>Around Town DC Social</i>. Come enjoy live music and light refreshments with the ATDC community. Email community@iona.org to register.</p>

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