

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>April 7th at 10 am VIRTUAL Monthly Digital Literacy with Delilah (this month: Crafting Emails and Navigating Gmail). Use this link to join.</p> <p>April 21st at 7 pm VIRTUAL Monthly Movie Night with Topher</p> <p>April 14th at 10am VIRTUAL "Dental Health - More Than a Nice Smile" with Sal S. Email community@iona.org to register.</p> <p>April 28th at 3pm - 4:30pm "Cultivating Gratitude - A Lifechanging Practice" special event at Iona Senior Services. Click here to Register.</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 Taylor S. (Subbing for 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>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>April 15th at 10:30 - 12:30 pm Volunteer to Prepare Packets for Iona's 2025 Heart of Caring Luncheon. Email volunteer@iona.org to register.</p> <p>April 22nd at 4 pm - 5 pm VIRTUAL Monthly Music Appreciation with Courtney</p> <p>April 29th at 10 am - 12 pm Walking Tour of Theodore Roosevelt Island with Jane K. Click here to register.</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>April 23rd at 11 am VIRTUAL "Getting the Most from Your Smartphone" with Tai B. Email community@iona.org to register.</p> <p>April 30th at 10 am VIRTUAL "Changes to Social Security Policy: How it Impacts You" with Robyn G. from Legal Counsel for the Elderly. Email community@iona.org to register.</p>	<p>10:00 am - 11:00am: Strength, Balance, and Core at Palisades Rec Center with Emma (New location and time). Register with DPR here.</p> <p>10:00 am - 11:00 am: VIRTUAL Mindfulness Meditation 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>1:30 pm - 2:30 pm Tai Chi with Ed at Chevy Chase Community Center</p> <p>2:30 pm - 3:30 pm NEW Here to Play at Palisades Library with Beth</p> <hr/> <p>April 3rd at 3 pm - 4:30 pm "Death Café" with Dixcy at Iona Senior Services. Email community@iona.org to register.</p> <p>April 17th at 11 am VIRTUAL "Iona Insights: How Iona Can Support You" with Samantha. Email community@iona.org to register.</p> <p>April 17th at 3 pm VIRTUAL "Decluttering Step-By-Step" with Marjorie Dick Stuart. 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>April 11th at 1 pm - 3pm Computer Class with WildTech at Iona Senior Services. Email community@iona.org to register.</p>

April Holiday Closures:
Around Town DC offices will be closed and programs will not occur on **April 16th**

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