

Around Town DC Calendar

In-Person, Virtual, & Single-Occurrence Programs

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|--|
| <p>9:30 am - 10:15 am:</p> <p>Pilates Mat at Georgetown Library with Ayanna</p> <p>10:00 am - 11:00 am:</p> <p>Zumba Gold at Tenley-Friendship Library with Ruth</p> <p>10:30 am - 12:30 pm:</p> <p>Fine Arts Lesson at Cleveland Park Library with Dominique</p> <p>11:00 am - 12:00 pm:</p> <p>Yoga at Georgetown Library with Beth</p> <p>12:00 pm – 1:00 pm</p> <p>VIRTUAL Yoga with Bara</p> <p>1:30 pm - 2:30 pm:</p> <p>Strength, Balance, and Core at Iona with Emma (FULL)</p> <p>4:00 pm – 5:00 pm</p> <p>VIRTUAL Monday Workshop with Courtney</p> <hr/> <p>May 5^h at 10 am – 11 am</p> <p>VIRTUAL Monthly <i>Digital Literacy and Device Support</i> with Delilah. Use this link to join.</p> <p>May 19th at 7 pm</p> <p>VIRTUAL Monthly <i>Movie Night</i> with Topher</p> <p>May 19th at 4pm – 5pm</p> <p>VIRTUAL Monthly <i>Gratitude and Joy Circle</i> (NEW DATE due to Memorial Day)</p> | <p>9:45 am - 10:30 am:</p> <p>Pilates Mat at Georgetown Library with Ayanna</p> <p>11:00 am - 12:30 pm:</p> <p>“Mixed Media Approaches” at Georgetown Library with Samantha</p> <p>11:00 am – 12:00 pm</p> <p>VIRTUAL Zumba Gold with Ruth</p> <p>12:15 pm - 1:15 pm:</p> <p>Yoga for Balance on the Floor at Cleveland Park Library with Ayanna</p> <p>1:00 pm - 2:00 pm:</p> <p>Line Dance Lesson at Iona Senior Services with Karen</p> <p>1:00 pm - 2:00 pm:</p> <p>Sewing and Mending Café at Iona with Edie</p> <p>1:00 pm – 2:00 pm</p> <p>VIRTUAL Fine Arts Lesson with Dominique</p> <p>2:00 pm - 3:00 pm:</p> <p>Yoga at Palisades Library with Beth</p> <p>4:00 pm - 5:00 pm:</p> <p>Device Support at Iona with Albert</p> <p>5:00 pm – 6:00 pm</p> <p>VIRTUAL Mystery Short Story Group</p> <hr/> <p>May 20th at 4 pm – 5 pm</p> <p>VIRTUAL Monthly <i>Music Appreciation</i> with Courtney</p> | <p>10:00 am - 11:00 am:</p> <p>Stretch & Flex at Palisades Library with Ayanna</p> <p>10:00 am – 11:00 am:</p> <p>VIRTUAL Advanced Yoga with Camille</p> <p>10:30 am - 11:30 am:</p> <p>Gentle Yoga at Tenley Library with Beth</p> <p>11:00 am – 12:00 pm:</p> <p>VIRTUAL Dance & Yoga for Mind, Body & Spirit with Smita</p> <p>12:30 pm – 1:30 pm</p> <p>VIRTUAL African American Artists with Chichi</p> <p>1:00 pm - 2:00 pm:</p> <p>Senior Strength and Balance at West End Library with Ruth</p> <p>2:15 pm - 3:15 pm:</p> <p>Zumba Gold at West End Library with Ruth</p> <p>3:00 pm - 4:00 pm:</p> <p>Senior Sing-Along at Iona and Virtual with Deborah</p> <hr/> <p>May 28th at 11 am</p> <p>VIRTUAL Monthly <i>Tech with Tai</i>. Email community@iona.org to register.</p> | <p>10:00 am – 11:00am:</p> <p>Strength, Balance, and Core at Palisades Rec Center with Emma. Register with DPR here.</p> <p>10:00 am – 11:00 am:</p> <p>VIRTUAL Mindfulness Mediation with Kaili (See below for special 3-week series May 8, 15, and 22).</p> <p>10:00 am – 11:00 am:</p> <p>VIRTUAL World Textiles with Samantha</p> <p>1:00 pm – 2:00 pm:</p> <p>VIRTUAL Meditation and Movement with Meg</p> <p>1:15 pm - 2:15 pm:</p> <p>Zumba Gold at SHAW Library with Ruth</p> <p>1:30 pm – 2:30 pm</p> <p>Tai Chi with Ed at Chevy Chase Community Center</p> <p>2:30 pm – 3:30 pm</p> <p>NEW Here to Play at Palisades Library with Beth</p> <hr/> <p>May 8th, 15th, 22nd at 10am</p> <p>VIRTUAL <i>A Well-Prepared Death (and The Truth of Your Life)</i> with Kaili and Dhammadipa. Special 3-Week Series. Email community@iona.org to register.</p> <p>May 29th at 11 am</p> <p>VIRTUAL <i>Iona Insights - Thriving as We Age: Mental Wellness and Meaningful Connection</i> with Hillcrest Children and Family Center. Email community@iona.org to register.</p> | <p>10:00 am - 11:00 am:</p> <p>Zumba Gold at Iona with Ruth (FULL)</p> <p>10:00 am – 11:00 am:</p> <p>VIRTUAL Yoga with Jennifer</p> <p>11:00 am - 12:00 pm:</p> <p>Yoga at Cleveland Park Library with Camille</p> <p>11:00 am - 12:00 pm:</p> <p>Tai Chi at Palisades Library with Diane</p> <p>11:00 am - 12:00 pm:</p> <p>Chair Yoga at MLK Library with Beth</p> <p>1:30 pm - 2:30 pm:</p> <p>Strength, Balance, and Core at Iona with Emma</p> <p>2:00 pm – 3:00 pm:</p> <p>VIRTUAL Tai Chi with Joel</p> <p>3:00 pm - 4:00 pm:</p> <p>Tai Chi at Guy Mason Center with Ed</p> <hr/> <p>May 30th at 10 am</p> <p>Walking Tour with Jane K. <i>Destination and registration link to come.</i></p> <p>May 30th at 4 – 5:30 pm</p> <p>SPECIAL IN-PERSON <i>Celebrating Life, Music, and Movement: A Day of Joy for Older Americans Month</i>. Email community@iona.org to register.</p> |
| <div>May Holiday Closures:<p>Around Town DC offices will be closed and programs will not occur on May 26th for Memorial Day</p></div> | | | | |

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

*Calendar is subject to change.