

# Around Town DC Calendar

## In-Person, Virtual, & Single-Occurrence Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>9:30 am - 10:15 am:</b></p> <p>Pilates Mat at Georgetown Library with Ayanna</p> <p><b>10:00 am - 11:00 am:</b></p> <p>Zumba Gold at Tenley-Friendship Library with Ruth</p> <p><b>10:30 am - 12:30 pm:</b></p> <p>Fine Arts Lesson at Cleveland Park Library with Dominique</p> <p><b>11:00 am - 12:00 pm:</b></p> <p>Chair Yoga at Georgetown Library with Beth</p> <p><b>12:00 pm – 1:00 pm</b></p> <p>VIRTUAL Gentle Yoga with Bara</p> <p><b>1:30 pm - 2:30 pm:</b></p> <p>Strength, Balance, and Core at Iona with Emma (FULL)</p> <p><b>4:00 pm – 5:00 pm</b></p> <p>VIRTUAL Monday Workshop with Courtney</p> <hr/> <p><b>July 7<sup>th</sup> at 10 am – 11 am</b></p> <p>VIRTUAL Monthly <i>Digital Literacy and Device Support</i> with Delilah.</p> <p><b>July 21<sup>st</sup> at 7 pm</b></p> <p>VIRTUAL Monthly <i>Movie Night</i> with Topher</p> <p><b>July 28<sup>th</sup> at 10 am</b></p> <p>VIRTUAL <i>Getting Help with Medicare Costs: Understanding the QMB Program</i> with LCE</p> <p><b>July 28<sup>th</sup> at 4 pm – 5 pm</b></p> <p>VIRTUAL Monthly <i>Gratitude and Joy Circle</i></p>	<p><b>9:45 am - 10:30 am:</b></p> <p>Pilates Mat at Georgetown Library with Ayanna</p> <p><b>11:00 am - 12:30 pm:</b></p> <p>“Mixed Media Approaches” at Georgetown Library with Samantha</p> <p><b>11:00 am – 12:00 pm</b></p> <p>VIRTUAL Zumba Gold</p> <p><b>12:15 pm - 1:15 pm:</b></p> <p>Yoga for Balance on the Floor at Cleveland Park Library with Ayanna</p> <p><b>1:00 pm - 2:00 pm:</b></p> <p>Line Dance Lesson at Iona Senior Services with Karen</p> <p><b>1:00 pm - 2:00 pm:</b></p> <p>Sewing and Mending Café at Iona with Edie</p> <p><b>1:00 pm – 2:00 pm</b></p> <p>VIRTUAL Fine Arts Lesson with Dominique</p> <p><b>2:00 pm - 3:00 pm:</b></p> <p>Chair Yoga at Palisades Library with Beth</p> <p><b>4:00 pm - 5:00 pm:</b></p> <p>Device and ATDC Website Support at Iona with Albert</p> <p><b>5:00 pm – 6:00 pm</b></p> <p>VIRTUAL Mystery Short Story Group</p> <hr/> <p><b>July 15<sup>th</sup> at 10 am</b></p> <p>VIRTUAL <i>Iona Insights: How Iona Can Support You</i> with Samantha Henson</p> <p><b>July 15<sup>th</sup> at 4 pm – 5 pm</b></p> <p>VIRTUAL Monthly <i>Music Appreciation</i> with Courtney</p> <p><b>July 22<sup>nd</sup> at 2 pm – 3 pm</b></p> <p>Death Café with Dixcy.</p> <p><b>July 29<sup>th</sup> at 11 am:</b></p> <p>Stay Safe from Online Scammers: Learn Digital Defense with Selena Larson.</p>	<p><b>10:30 am - 11:30 am:</b></p> <p>Stretch &amp; Flex at Palisades Library with Ayanna</p> <p><b>10:00 am – 11:00 am:</b></p> <p>VIRTUAL Intermediate Yoga with Camille</p> <p><b>10:30 am - 11:30 am:</b></p> <p>Gentle Hatha Yoga at Tenley Library with Beth</p> <p><b>11:00 am – 12:00 pm:</b></p> <p>VIRTUAL Dance &amp; Intermediate Yoga for Mind, Body &amp; Spirit with Smita</p> <p><b>12:30 pm – 1:30 pm</b></p> <p>VIRTUAL African American Artists with Chichi</p> <p><b>1:00 pm - 2:00 pm:</b></p> <p>Senior Strength and Balance at West End Library with Ruth</p> <p><b>2:15 pm - 3:15 pm:</b></p> <p>Zumba Gold at West End Library with Ruth</p> <p><b>3:00 pm - 4:00 pm:</b></p> <p>Senior Sing-Along at Iona and Virtual with Deborah</p> <hr/> <p><b>July 9<sup>th</sup> 11am</b></p> <p>VIRTUAL <i>Tech with Tai: Making the most of AI</i> (rescheduled)</p> <p><b>July 23<sup>rd</sup> at 11 am</b></p> <p>VIRTUAL <i>Tech with Tai.: Explore the New ATDC Website!</i></p> <p><b>July 30<sup>nth</sup> at 9:30 – 10:30am</b></p> <p>Morning Walk with Liana, starting from Iona's Tenleytown office.</p>	<p><b>10:00 am – 11:00am:</b></p> <p>Strength, Balance, and Core at Palisades Rec Center with Emma. <a href="#">Register with DPR here.</a></p> <p><b>10:00 am – 11:00 am:</b></p> <p>VIRTUAL Mindfulness Mediation with Kaili</p> <p><b>10:00 am – 11:00 am:</b></p> <p>VIRTUAL World Textiles with Samantha</p> <p><b>1:00 pm – 2:00 pm:</b></p> <p>VIRTUAL Meditation and Movement with Meg</p> <p><b>1:15 pm - 2:15 pm:</b></p> <p>Zumba Gold at SHAW Library with Ruth</p> <p><b>1:00 pm – 2:00 pm</b> (previously 1:30-2:30pm)</p> <p>Tai Chi Chuan with Ed at Chevy Chase Community Center</p> <p><b>2:30 pm – 3:30 pm</b></p> <p>Here to Play at Palisades Library with Beth</p> <hr/> <p><b>July 31<sup>st</sup> at 11 am</b></p> <p>VIRTUAL <i>Beyond Your Nest Egg: Financial Curveballs of Aging</i> with Mark Gottlieb and Sergio Abarca.</p>	<p><b>10:00 am - 11:00 am:</b></p> <p>Zumba Gold at Iona with Ruth (FULL)</p> <p><b>10:00 am – 11:00 am:</b></p> <p>VIRTUAL Gentle Yoga with Jennifer</p> <p><b>11:00 am - 12:00 pm:</b></p> <p>Intermediate Yoga at Cleveland Park Library with Camille</p> <p><b>11:00 am - 12:00 pm:</b></p> <p>Tai Chi at Palisades Library with Diane</p> <p><b>11:00 am - 12:00 pm:</b></p> <p>Chair Yoga at MLK Library with Beth</p> <p><b>1:30 pm - 2:30 pm:</b></p> <p>Strength, Balance, and Core at Iona with Emma</p> <p><b>2:00 pm – 3:00 pm:</b></p> <p>VIRTUAL Tai Chi with Joel</p> <p><b>3:00 pm - 4:00 pm:</b></p> <p>Tai Chi Chuan at Guy Mason Center with Ed</p> <hr/> <p><b>July 11<sup>th</sup>, 9:30am – 12pm</b></p> <p>Walking Tour of Kenilworth Aquatic Gardens. Bus leaving from Iona Senior Services. <a href="#">Click here to register.</a></p> <p><b>July 25<sup>th</sup> at 2 pm</b></p> <p>Discover SHIP: A Trusted Resource for Medicare Guidance.</p>
<div><h3>July Holiday Closures:</h3><p>Around Town DC offices and programs will be closed on <b>Friday, July 4<sup>th</sup></b>, in observance of <b>Independence Day.</b></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.