

## **Active Wellness Program at St. Alban's**

Age Requirements

56-60

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60+

Family

No

Intake Process

Call the office.

Provider Refer

Yes

Qualifications

Qualification Number

The District of Columbia does not license or certify social model adult day care providers.

Self Refer

Yes

Iona Senior Services

<http://www.iona.org>

<https://www.iona.org/services/active-wellness-program/>

<https://www.facebook.com/IonaSeniorServices>

Main

(202) 363-5145

TTY/TTD

(202) 895-9444

3001 Wisconsin Avenue NW

20016 DC

United States

Monday: 9:00 am-5:00 pm

Tuesday: 9:00 am-5:00 pm

Wednesday: 9:00 am-5:00 pm

Thursday: 9:00 am-5:00 pm

Friday: 9:00 am-5:00 pm

Saturday: Closed

Sunday: Closed

Languages Spoken

English

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Spanish

The Active Wellness Program at St. Alban's is held weekdays from 10 AM to 2 PM on the grounds of the National Cathedral. Over the years, our free program has become a classroom for lifelong learning, a refuge for meditation and exercise, a parlor for engaging conversation and discussions, and a place for dear friendships to grow. It attracts older adults from the neighborhood and beyond who are drawn to the nutritious daily lunch and diverse activities — such as a farmer's market with free produce, exercise classes, and field trips.

Please call for more information. You can also visit [Active Wellness Program at St. Alban's](#) for more information and to see the activities.

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Service Area(s)

Washington DC

Email

[info@iona.org](mailto:info@iona.org)