

September 2017

This senior center is a partnership funded by the City of Alexandria Department of Community and Human Services Division of Aging and Adult Services.

Monday	Tuesday	Wednesday	Thursday	Friday
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National Self Care Month and Classical Music Month



1
 9:30 Chair Balance Exercise with Ashley
 9:30-11:30 Pool/Billiards
 10:30 Wii Fishing
 11:00 Group Sudoku
 11:30 Card Signing
 12:45 Prize Bingo

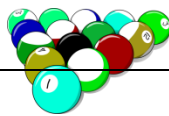
4
 Closed for Labor Day



5
 9:30 Fit 4 Life w/ Maria
 9:30-11:30 Pool/Billiards
 10:00 Shopping Trip to Skyline
 10:30 – 12:00 Sound of Music Part 1
 10:30 Drawing Charades
 12:45 Corn Hole



6
 9:30 Arthritis Foundation Exercise with Peggy
 9:30-11:30 Pool/Billiards
 10:30 – 12:00 Sound of Music Part 2
 11:00 Group Puzzle
 12:30-1:15 ESL with Nancy
 12:45 Indoor Miniature Golf



7
 9:30 Golden Hearts Fitness w/Paula
 9:30-11:30 Pool/Billiards
 10-12 Bridge
 10:30-11:30 Crafty Crew
 10:30 – 12 Blood Pressure Checks
 12:45 Hoop Toss
 12:45 Senior Treasure Corner



8
 9:30 Zumba Gold with Patricia
 9:30-10: 9:30-11:30 Pool/Billiards
 10:00 Trouble Board Games!
 10:00 Manicures with Frey
 11:00 Wii Minute to Win it
 12:45 Prize Bingo



11
 9:30 Zumba Gold with Patricia
 9:30-11:30 Pool/Billiards
 10:30 Wheel of Fortune
 11:00 Garden Club with Amber
 11:30 Creative Coloring
 12:45 10-Cent Bingo



12
 9:30 Fit 4 Life w/ Maria
 9:30-11:30 Pool/Billiards
 10:00 Shopping Trip to Shoppers
 11:00 Senior Photo Day!!
 11:30 Birthday Cards
 12:30-1:15 ESL with Nancy
 12:45 Bounce in Game



13
 Closed for Field Trip
 Smithsonian's National Zoo with Boxed Lunch at zoo



14
 9:30 Golden Hearts Fitness with Paula
 9:30-11:30 Pool/Billiards
 9:30-12:45 Special Raffle!!
 10-12 Bridge
 10:30 – 12 Blood Pressure Checks
 10:45: Crafty Crew
 12:30 ESL with Theresa
 12:45 Skeeball




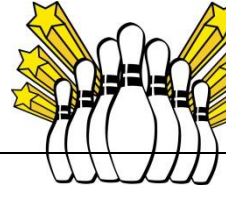






15
 9:30 Chair Balance Exercise with Ashley
 9:30-11:30 Pool/Billiards
 10:00 Tic-Tac-Toe
 10:00 Wii Price is Right!
 11:00 Bean Bag Slide
 12:45 Prize Bingo



September 2017 CONTINUED

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>18</p> <p>9:30-10:30 Zumba Gold w/Patricia 9:30-11:30 Pool/Billiards 10:00 Hangman w/ Judy 10 - 11 Painting with Paula 11:00 Garden Club with Amber 12:45 10- Cent Bingo</p> 	<p>19</p> <p>9:30 Fit 4 Life w/ Maria 9:30-11:30 Pool/Billiards 10:00 Shopping Trip to Big Lots 10:30 Food and Fun 11:00 Riddles 12:30-1:15 ESL with Nancy 12:45 Shuffleboard</p> 	<p>20 Birthday Party Celebration!</p> <p>9:30 Arthritis Exercise with Peggy 9:30-11:30 Pool/Billiards 11:00 Birthday Party w/DJ Robby G 11:00 Group Puzzle 11:30: Dance Celebration! 12:30-1:15 ESL with Nancy 12:45 Bean Bag Slide</p>	<p>21</p> <p>9:30 Golden Hearts Fitness with Paula 9:30-11:30 Pool/Billiards 10-12 Bridge 10:30-11:30: Crafty Crew 10:30 – 12 Blood Pressure Checks 11:30 Discover Algeria 12:30 ESL with Theresa 12:45 4 pin Knock Down</p> 	<p>22</p> <p>9:30 Fit 4 Life with Maria 9:30-11:30 Pool/Billiards 10:00 Drawing Charades 10:00 Wii Wheel of Fortune 11:00 Scattegories 11:00 Manicures by Frey 12:45 Prize Bingo</p> 
<p>25</p> <p>9:30-10:30 Zumba Gold w/Patricia 9:30-11:30 Pool/Billiards 10:00 Hangman w/Judy 10 - 11 Painting with Paula 11:00 Garden Club with Amber 12:45 10 Cent Bingo</p> 	<p>26</p> <p>9:30 Golden Hearts Fitness with Paula 9:30-11:30 Pool/Billiards 10:00 Shopping Trip to Walmart 11:00 MadGab/Boggle Card games 12:30-1:15 ESL with Nancy 12:45 Team Bowling</p> 	<p>27</p> <p>Closed for Field Arlington National Cemetery Hop on Hop off Tour \$10 per person</p> 	<p>28</p> <p>9:30 Golden Hearts Fitness with Paula 9:30-11:30 Pool/Billiards 10-12 Bridge 10:30-11:30: Crafty Crew 10:30 – 12 Blood Pressure Checks 12:30 ESL with Theresa 12:45 Decorating Senior Center ! 12:45 Senior Treasure Corner</p> 	<p>29</p> <p>9:30 Chair Balance Exercise with Ashley 10:00 Uno/Card Games 9:30-11:30 Pool/Billiards 10:45 Wii Bowling 11:00 Bounce In Game 12:30 Senior Council Meeting 12:45 Prize Bingo</p>

****One-on-One Tech Classes require advance reservations. Seats are limited and fill up fast! For reservations please contact Maria in advance; call 703-751-2766 for more info.**

***** Activities are subject to change depending on instructor availability**

Check calendar for new games and activities for the month. Is there a game or activity you would like to add and play? Please let Maria know!!

Every Friday we will be having Wii Games led by Luis

Every Tuesday and Thursday we will be having English as a Second Language (ESL) classes. Tuesday is with Nancy and Thursday is with Theresa

Sept. 4: we are closed for Labor Day

Sept. 5 and 6: we will be watching the Sound of Music in the side room. Because it is a long movie, we will split it up into 2 days

Sept. 12: We will be having a senior photo day in the side room. Photos will be taken by a polaroid camera and photos will be displayed on the Starry wall

Sept. 14: We will be having a raffle for a Spa basket with a brand new Dr. Scholl's Foot Bath. Raffle tickets will be sold starting September 11 and will be 25 cents per ticket. You may buy as many tickets as you want

Sept. 18 and 15: We have a new activity: Watercolor painting with Paula Roman

Sept. 19: Maria will be starring a monthly cooking class named: Food and Fun. You will be able to save recipes in a Recipe book that you will be making during Crafty Crew

Sept. 21: Maria will be doing a presentation on Algeria, next month, Andorra