







**September 2018**

*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
<p>3</p> <p><b>Closed for Labor Day</b></p> 	<p>4</p> <p>9:30 Fit 4 Life w/ Maria 9:30-11:30 Pool/Billiards 10:00 Shopping Trip to Walmart 11-12 ESL with Nancy 11:00: Bread Raffle 12:45 Senior Council 1:00 Shuffle Board</p>	<p>5</p> <p>9:30 Golden Hearts with Paula 9:30-11:30 Pool/Billiards 10:30 Pictionary 11:00 Anagrams 12:45: Team Bean Bag Slide 12:45 Senior Treasure Corner</p>	<p>6</p> <p>9:30 Golden Hearts with Paula 9:30-11:30 Pool/Billiards 10:30 Blood Pressure Checks 11:00 Crafty Crew 11-12 ESL with Margie 12:45 4 Pin Knock Down</p>	<p>7</p> <p>9:30 Line Dancing With Babs and Company 9:30-11:30 Pool/Billiards 10:30 wii Sports 11:00-11:30 Dot Game 11:00 Uno Game 12:45 Prize Bingo</p>
<p>10</p> <p>9:30 Fit 4 Life w/ Maria 9:30-11:30 Pool/Billiards 10:30 English Class w/ Eugene 11:00 Monopoly 12:45 10 Cent Bingo</p>	<p>11</p> <p>9:30 Arthritis Exercise with Anne 9:30-11:30 Pool/Billiards 10:00 Shopping Trip to Backlick 11-12 ESL with Nancy 11:30 Bread Raffle 12:45 Shuffle Board</p>	<p>12</p> <p><b>Closed for Field Trip U.S. Botanical Garden</b></p>  	<p>13</p> <p>9:30 Golden Hearts with Paula 9:30-11:30 Pool/Billiards 10:30 – 1:00 Blood Pressure Checks 10:30 Wheel of Fortune 11:00 Crafty Crew 11-12 ESL with Margie 12:45 Corner Hole</p> 	<p>14</p> <p>9:30 Line Dancing With Babs and Company 9:30-11:30 Pool/Billiards 10:00-12:00 Brain Health Workshop 11:00 Sudoku 11:30 Food and Fun: Peanut Butter Fruit Dip 12:45 Prize Bingo</p> 

**September 2018 CONTINUED**

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Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>17</b>            9:30 Zumba Gold with Patricia            9:30-11:30 Pool/Billiards            10:30 English Class w/ Eugene            10:30 Hangman with Judy            11:00 Watercolor Painting with Paula            12:45 10 Cent Bingo</p>	<p><b>18</b>            9:45 Lord of the Rings Movie            9:30 Fit 4 Life w/ Maria            9:30-11:30 Pool/Billiards            10:00 Shopping Trip to Walmart            11-12 ESL with Nancy            11:30 Bread Raffle            12:45 Bounce-in Game</p>	<p><b>19</b>            9:45 Lord of the Rings Movie            9:30 Arthritis Exercise with Peggy            9:30-11:30 Pool/Billiards            10:30 Jazzercise Lite with Peggy            11:00 Birthday Party with DJ Robby G            12:45: Tennis Putt            12:45 Senior Treasure Corner</p>	<p><b>20</b>            9:45 Lord of the Rings Movie            9:30 Golden Hearts with Paula            9:30-11:30 Pool/Billiards            11:00 Apples to Apples  <b>11:00 Flu Shot</b>            11-12 ESL with Margie            12:45 Hoop Toss</p>	<p><b>21</b>            9:45 Lord of the Rings Movie            9:30 Line Dancing With Babs and Company            9:30-11:30 Pool/Billiards            10:30 Wii Sports            11:00 Jenga Knock Down Game            12:45 Prize Bingo</p>
<p><b>24</b>            9:30 Zumba Gold with Patricia            9:30-11:30 Pool/Billiards            9:45 Finish Lord of the Rings Movie            10:30 English Class w/ Eugene            11:00 Drawing Charades            11:00 12:45 10 Cent Bingo</p>	<p><b>25</b>            9:30 Fit 4 Life w/ Maria            9:30-11:30 Pool/Billiards            10:00 Shopping Trip to Backlick            11:00 Sorry and Trouble Board Games            11:30 Bread Raffle            12:45 Basket Toss</p>	<p><b>26</b>  <b>Closed for Field Trip</b>  <b>Trip to the Zoo with</b>  <b>Boxed Lunches!!</b></p> <div align="center">  </div>	<p><b>27</b>            9: Golden Hearts with Paula            9:30-11:30 Pool/Billiards            10:30 – 1:00 Blood Pressure Checks            10:45: Crafty Crew            11-12 ESL with Margie            12:45 Corn Hole</p>	<p><b>28</b>            9:30 Line Dancing With Babs and Company            9:30-11:30 Pool/Billiards            10:30 Wii Sport            11:00 War and Blackjack Card Games            11:30 Table Trivia            12:45 Prize Bingo</p>

**\*\*\* 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!!**

**We have English as a Second Language classes 3 times a week. Monday, is with Eugene, Tuesday is with Nancy, and Thursday is with Margie**

**The week of the 17<sup>th</sup>-21<sup>st</sup> is known as Tolkien Week so we will watch the Lord of the Rings to celebrate it!**

**If you want to get your flu shot, please bring your Medicare Card**