

# August 2024

*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

## International Peace Month, Family Fun Month, National Sandwich Month, and Happiness Happens Month

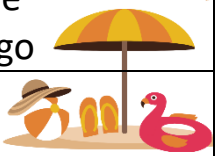


1  
 9:45 Belly Dancing with Marietha  
 10:00-11:30 Pool/Billiards  
 10:00 Olympic Watch Party!  
 10:30 Country Anagrams  
 11:00 Sewing One on One  
**12:30 DAAS Presentation with Jackie**  
 1:00 Corn Hole Toss

2  
 9:30 Exercise  
 10:00-11:30 Pool/Billiards  
 10:00 Olympic Watch Party!  
 10:00-10:45 Ukulele Class  
 10:30 Number Puzzles  
**11:00 Senior Information Presentation with Lucy Park**  
 12:45 Prize Bingo



5  
 9:30 Exercise  
 9:45 Gardening with Amber  
 10:00-11:30 Pool/Billiards  
 10:00 Olympic Watch Party!  
 10:00 Shopping Trip to Walmart  
 12:30 Veggie Raffle  
 12:45 10 Cent Bingo



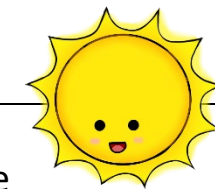
6  
 9:30 Exercise  
 10:00-11:30 Pool/Billiards  
 10:00 ESL with Thea  
 10:00 Olympic Watch Party!  
 10:30 Game of Life  
 12:30 Bread Raffle  
 1:00 Tennis Putt



7  
 Center Closed for Field Trip  
 Walking Tour of National Harbor with a chance to ride the Capital Wheel



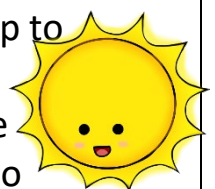
8  
 9:30 Exercise  
 10:00-11:30 Pool/Billiards  
 10:00 Olympic Watch Party!  
 10:00 Group Puzzle  
 11:00 Sewing One on One  
 12:45 4 Pin Knockdown



9  
 9:30 Exercise  
 10:00-11:30 Pool/Billiards  
 10:00 Olympic Watch Party!  
 10:00-10:45 Ukulele Class  
 11:0 Scattegories Game  
 12:45 Prize Bingo



12  
 9:30 Exercise  
 9:45 Gardening with Amber  
 10:00-11:30 Pool/Billiards  
 10:00 Taskmasters  
 10:00 Shopping Trip to Landmark Plaza  
 12:30 Veggie Raffle  
 12:45 10 Cent Bingo



13  
 9:30 Exercise  
 10:00-11:30 Pool/Billiards  
 9:45 ESL with Nancy  
 10:00 ESL with Thea  
 10:30 Family Feud  
 12:30 Bread Raffle  
 1:00 Senior Treasure Corner

14  
 9:30 Exercise  
 10:00-11:30 Pool/Billiards  
 10:00 Matching Game  
**11:00 Birthday Party**  
 11:00 Game Room  
 12:45 Cup Drop



15  
 9:30 Exercise  
 10:00-11:30 Pool/Billiards  
 10:00 Spot the Difference  
 10:30 Crafty Crew  
 11:00 Sewing One on One  
 12:45 Rolling Game

16  
 9:30 Exercise  
 10:00-11:30 Pool/Billiards  
 10:00-10:45 Ukulele Class  
 10:00-12:00 Elvis Movie  
 11:00 Uno Card Game  
 12:45 Prize Bingo



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Monday	Tuesday	Wednesday	Thursday	Friday
19 9:30 Exercise 9:45 Gardening with Amber 10:00-11:30 Pool/Billiards 10:00 Shopping Trip to Target 12:30 Veggie Raffle 12:45 10 Cent Bingo	20 9:30 Exercise 10:00-11:30 Pool/Billiards 9:45 ESL with Nancy 10:00 ESL with Thea 11:00 Hangman 12:30 Bread Raffle 1:00 Senior Treasure Corner	21 9:30 Exercise 10:00-11:30 Pool/Billiards <b>10:00 Wheel of Fortune</b> <b>11:00 New Life Presentation</b> <b>11:00 Nancy Drew Puzzle Game</b> 12:45 Target Toss  <i>National Senior Citizens Day</i>	22 9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 Table Riddles 10:30 Crafty Crew 11:00 Sewing One on One 12:45 Corner Hole	23 9:30 Exercise 10:00-11:30 Pool/Billiards 10:00-10:45 Ukulele Class 10:30 Memory Journaling <b>11:00 Let's Journey to Eswatini</b> 12:45 Prize Bingo
26 9:30 Exercise 9:45 Gardening with Amber 10:00-11:30 Pool/Billiards 10:00 Shopping Trip to Lidl's 12:30 Veggie Raffle 12:45 10 Cent Bingo	27 9:30 Exercise 10:00-11:30 Pool/Billiards 9:45 ESL with Nancy 10:00 ESL with Thea 11:00 Jeopardy Game 12:30 Bread Raffle 1:00 Senior Treasure Corner	28 Center Closed for Field Trip Planet Word	29 9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 What Happens Next Game 10:30 Crafty Crew 11:00 Sewing One on One 12:45 Basket Toss	30 9:30 Exercise 10:00-11:30 Pool/Billiards 10:00-10:45 Ukulele Class 10:30 Choose Your Own Adventure Game 11:00 Yahtzee 12:45 Prize Bingo

**\*\*\* 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!!

Any voluntary donation is greatly appreciated to help ensure that the center is able to continue to provide multiple services and activities.

