

















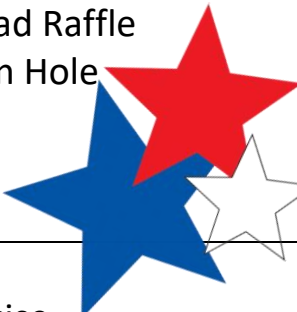







# July 2024

*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
<p>1 9:30 Exercise 9:45 Gardening with Amber 10:00-11:30 Pool/Billiards 10:00 Shopping Trip to Walmart 10:30 Family Feud 12:45 10 Cent Bingo</p> 	<p>2 9:30 Exercise 9:45 ESL with Nancy 10:00-11:30 Pool/Billiards 11:00 SAIL Exercise at Patrick Henry Rec Center 11:00 Jeopardy 12:30 Bread Raffle</p> 	<p>3 9:30 Chair Exercise with Saadia 10:00-11:30 Pool/Billiards 10:00 Patriotic Music Bingo 11:00 U.S.A. Trivia 12:30 Sweet Treat Raffle 12:45 Prize Bingo</p>	<p>4 Center Closed for Independence Day</p>  	<p>5 Center Closed for Independence Day</p>  
<p>8 9:30 Exercise 9:45 Gardening with Amber 10:00-11:30 Pool/Billiards 10:00 Shopping Trip to Landmark Plaza 10:00 Nancy Drew Game 12:45 10 Cent Bingo</p> 	<p>9 9:30 Exercise 9:45 ESL with Nancy 10:00-11:30 Pool/Billiards 10:30 Game of Life 11:00 SAIL Exercise at Patrick Henry Rec Center 12:30 Bread Raffle 12:45 Water Balloon Toss</p>  	<p>10 Center Closed for Field Trip Art Legion/Torpedo Factory</p>	<p>11 9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 Uno Game 11:00 Sewing One on One 11:00 SAIL Exercise at Patrick Henry Rec Center 12:45 Tennis Putt</p> 	<p>12 9:30 Exercise 10:00-11:30 Pool/Billiards 10:00-11:00 Fruit Kebab Making 10:00-10:45 Ukulele Class 11:00 Jeopardy Game 12:45 Prize Bingo</p> 
<p>15 9:30 Exercise 9:45 Gardening with Amber 10:00-11:30 Pool/Billiards 10:00 Shopping Trip to Target 11:00 Summer Writing Prompts 12:45 10 Cent Bingo</p> 	<p>16 9:30 Exercise 10:00-11:30 Pool/Billiards 10:30 Mario Kart Switch Game 11:00 U.S Places Anagrams 12:30 Bread Raffle 12:45 Rolling Game</p> 	<p>17 National Tattoo Day 9:30 Exercise with Saadia 10:00-11:30 Pool/Billiards 10:00 Temporary Tattoo Parlor and Twilight Tattoo 10:00-11:45 Farmers Market at Patrick Henry Rec Center 11:00 Patriotic Singing and America Presentation 12:45 Guess the Country</p>	<p>18 9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 Activities with the Pinkston Group 10:30 Learn a Card Game 11:00 Sewing One on One 12:45 Cup Drop</p> 	<p>19 9:30 Exercise 10:00-11:30 Pool/Billiards 10:00-10:45 Ukulele Class 10:30 Number Puzzles 11:00 Go Fish Card Games 12:45 Prize Bingo</p> 

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>22</p> <p>9:30 Exercise 9:45 Gardening with Amber 10:00-11:30 Pool/Billiards 10:00 Shopping Trip to Lidl's 10:30 Taskmasters 12:45 10 Cent Bingo</p> 	<p>23</p> <p>9:30 Exercise 10:00-11:30 Pool/Billiards 10:30 Monopoly 11:00 Table Riddles 12:30 Bread Raffle 12:45 Corn Hole</p> 	<p>24</p> <p>9:30 Chair Exercise with Saadia 10:00-11:30 Pool/Billiards 10:00 Rice Bowl Trivia 10:30 Sudoku 11:00 Watercolor Painting 12:45 Target Toss</p> 	<p>25</p> <p>9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 Sewing One on One <b>11:00 Birthday Party</b> 11:00 Game Room 12:45 Olympic Trivia</p> 	<p>26</p> <p>9:30 Exercise 10:00-11:30 Pool/Billiards 10:00-10:45 Ukulele Class 10:30 Hues and Cues Game 11:00 Crossword Puzzles 12:45 Prize Bingo</p> <p>Olympic Opening Ceremony Tonight!</p>
<p>29</p> <p>9:30 Exercise 9:45 Gardening with Amber 10:00-11:30 Pool/Billiards 10:00 Shopping Trip to Landmark Plaza 10:30 Olympic Watch Party! 12:45 10 Cent Bingo</p> 	<p>30</p> <p>9:30 Exercise 9:45 ESL with Nancy 10:00-11:30 Pool/Billiards 10:30 Olympic Watch Party! 12:30 Bread Raffle 12:45 Corner Hole</p> 	<p>31</p> <p>Center Closed for Field Trip Saint John Paul II National Shrine</p>  <p style="text-align: center;">SAINT <b>JOHN PAUL II</b> NATIONAL SHRINE</p>	<p><b>July is National Anti-Boredom Month, Blueberry Month, World Watercolor Month</b></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!! Any voluntary donation is greatly appreciated to help ensure that the center is able to continue to provide multiple services and activities.

