



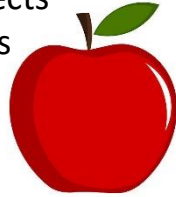
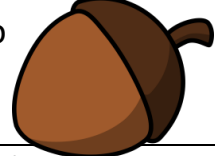






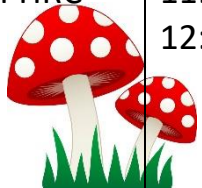



September 2024

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>2 Center Closed Labor Day</p>   | <p>3 9:30 Exercise 9:45 ESL with Nancy 10:00-11:30 Pool/Billiards 10:00 Watch the Paralympics 10:00 ESL with Thea 11:00 Jeopardy 12:30 Veggie Raffle 12:45 Special Bingo!</p> | <p>4 Center Closed for Field Trip National Museum of Natural History</p>   | <p>5 9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 Watch the Paralympics 10:30 I Spy Game 11:00 Sewing Projects 12:30 Bread Raffles 12:45 Basket Toss</p>  | <p>6 9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 Watch the Paralympics 10:00 Ukulele Class 10:30 Phase 10 11:00 Spot the Difference 12:45 Prize Bingo</p>  |
| <p>9 <i>International sudoku day</i> 9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 Shopping Trip 10:15 Group Sudoku 11:00 Learn a Card Game 12:45 10 Cent Bingo</p>  | <p>10 9:30 Exercise 10:00-11:30 Pool/Billiards 9:45 ESL with Nancy 10:00 ESL with Thea 11:00 Family Feud 12:30 Bread and Veggie Raffle 12:45 Corn Hole</p>  | <p>11 <i>Happy Grandparents' Day</i> 9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 Stephen's Grandparents' Day Greeting 10:30 Scopa Card Game 11:00 Guess the Senior 12:45 Bean Bag Toss</p>  | <p>12 <i>National Video Game Day</i> 9:30 Exercise 10:00-11:30 Pool/Billiards 10:30 Price is Right – Home Edition 10:30 Crafty Crew 11:00 Sims Video Game 12:45 Wii Bowling</p>  | <p>13 <i>National Roald Dahl Day</i> 9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 Ukulele Class 10:00 Watching Charlie and the Chocolate Factory Movie 11:00 Left Right Center Game 12:45 Prize Bingo</p> |
| <p>16 9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 Shopping Trip 10:15 Apples to Apples Game 11:00 Brain Teasers 12:45 10 Cent Bingo</p>  | <p>17 9:30 Exercise 10:00-11:30 Pool/Billiards 9:45 ESL with Nancy 10:00 SSA Senior Walkathon 10:00 ESL with Thea 10:50 SAIL Exercise at PHRC 12:30 Bread and Veggie Raffle 12:45 Senior Treasure Corner</p> | <p>18 8:45 – 2:30 Dental Clinic 9:30 Exercise 10:00-11:30 Pool/Billiards 10:30 Infinite Craft 11:00 New Life Presentation 12:45 Skeeball</p>  | <p>19 10:00 Belly Dancing with Marietha 10:00-11:30 Pool/Billiards 10:30 Hangman 10:50 SAIL Exercise at PHRC 11:00 Sewing Projects 12:45 Senior Council</p>  | <p>20 9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 Ukulele Class 10:00 Rice Bowl Trivia 11:00 Food and Fun Fried Rice 12:45 Prize Bingo</p>  |

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|---|--|--|---|--|
| <p>23</p> <p>9:30 Exercise</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:00 Shopping Trip</p> <p>10:30 U.S. State Memory</p> <p>11:00 Lord of the Rings Trivia</p> <p>12:45 10 Cent Bingo</p>  | <p>24</p> <p>9:30 Exercise </p> <p>10:00-11:30 Pool/Billiards</p> <p>9:45 ESL with Nancy</p> <p>10:00 SSA Senior Walkathon</p> <p>Rain Date</p> <p>10:00 ESL with Thea</p> <p>10:50 SAIL Exercise at PHRC</p> <p>12:30 Bread and Veggie Raffle</p> | <p>25</p> <p>9:30 Exercise</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:00 Kahoot Trivia</p> <p>11:00 Birthday Party</p> <p>11:00 Game Room</p> <p>12:45 Music Trivia</p>  | <p>26</p> <p>Center Closed for Field Trip</p> <p>Dutch Village Farmers Market</p>   | <p>27</p> <p>9:30 Exercise</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:00 Ukulele Class</p> <p>10:00 Sewing Project</p> <p>11:00 Connections Game</p> <p>12:45 Prize Bingo</p>  |
| <p>30</p> <p>9:30 Exercise</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:00 Shopping Trip</p> <p>10:30 Play Skipbo</p> <p>11:00 Anagrams</p> <p>12:45 10 Cent Bingo</p>  | <p>September is National Pain Awareness Month, Self-Care Awareness Month, National Sewing Month, National Rice Month, National Mushroom Month, National Courtesy Month, and Classical Music Month</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.