

March 2026

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</p> <p>9:30 Exercise</p> <p>9:55 Shopping Trip to Landmark Plaza</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:00 Brain Teasers</p> <p>10:30 Senior Tech Assistants:</p> <p>Voicemail Help</p> <p>11:00 Phase 10 Card Game</p> <p>12:45 10 Cent Bingo</p> 	<p>3</p> <p>9:30 Exercise</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:00 Astronomy Trivia</p> <p>10:45 SAIL at PHRC</p> <p>11:00 Beginners Spanish with Maria Teresa</p> <p>12:45 Bread Raffle</p> 	<p>4</p> <p>9:30 Exercise</p> <p>9:45 ESL with Nancy</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:30 Trivia!</p> <p>10:30 Study Group</p> <p>11:00 ESL with Denice</p> <p>12:45 Country Trivia</p> 	<p>5</p> <p>9:30 Exercise</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:30 Crafty Crew</p> <p>10:45 SAIL at PHRC</p> <p>11:00 Uno Game</p> <p>12:45 Bean Bag Toss</p> 	<p>6 National Oreo Day</p> <p>9:30 Exercise</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:00 Spanish with Maria Teresa</p> <p>10:00 – 10:45 Ukulele Class</p> <p>11:00 Family Feud</p> <p>12:45 Prize Bingo</p> 
<p>9 Day Light Savings Begun Yesterday!</p> <p>9:30 Exercise with Katelyn</p> <p>9:55 Shopping Trip to Walmart</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:00 Paralympics Watch Party</p> <p>10:30 Senior Tech Assistants:</p> <p>Voicemail Help</p> <p>11:00 Skipbo</p> <p>12:45 10 Cent Bingo</p> 	<p>10</p> <p>9:30 Exercise</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:00 ESL with Thea</p> <p>10:00 Paralympics Watch Party</p> <p>10:45 SAIL at PHRC</p> <p>11:00 Beginners Spanish with Maria Teresa</p> <p>12:45 Senior Treasure Corner</p> 	<p>11 National Dietitian Nutritionist Day</p> <p>9:30 Exercise</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:30 Nutrition Month Presentation with dietetic intern Kyndall</p> <p>10:30 Study Group</p> <p>11:00 ESL with Denice</p> <p>12:45 Bread Raffle</p> 	<p>12</p> <p>9:30 Exercise</p> <p>9:45 ESL with Nancy</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:00 Paralympics Watch Party</p> <p>10:30 Crafty Crew</p> <p>10:45 SAIL at PHRC</p> <p>11:00 Phase 10</p> <p>12:45 Hoop Toss</p> 	<p>13</p> <p>9:30 Exercise</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:00 Paralympics Watch Party</p> <p>10:30 Word Scramble</p> <p>11:00 Learn a new card game</p> <p>12:45 Prize Bingo</p> 



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Monday	Tuesday	Wednesday	Thursday	Friday
<p>16</p> <p>9:30 Exercise with Katelyn</p> <p>9:55 Shopping Trip to Target</p> <p>10:00-11:30 Pool/Billiards</p> <p>9:30 Intergenerational Activities with Bishop O'Connell</p> <p>10:30 Senior Tech Assistants: Voicemail Help</p> <p>12:45 10 Cent Bingo</p> 	<p>17 Happy St. Patrick's Day! Wear Green</p> <p>9:30 Exercise</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:00 ESL with Thea</p> <p>10:00 Irish Dance Presentation at the Lee Center</p> <p>10:45 SAIL at PHRC</p> <p>11:00 Beginners Spanish with Maria Teresa</p> <p>12:45 Bread Raffle</p>  	<p>18</p> <p>9:30 Exercise</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:30 Cooking with Chef Philippe</p> <p>11:00 Study Group</p> <p>11:00 ESL with Denice</p> <p>12:45 Bread Raffle</p> 	<p>19</p> <p>9:45 Belly Dancing with Marietha</p> <p>9:45 ESL with Nancy</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:30 Crafty Crew</p> <p>10:45 SAIL at PHRC</p> <p>11:00 Sewing Room</p> <p>12:45 Hot Potato</p> 	<p>20 First Day of Spring</p> <p>9:30 Exercise</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:00 Spanish with Maria Teresa</p> <p>10:00 – 10:45 Ukulele Class</p> <p>11:00 Scattegories</p> <p>12:45 Prize Bingo</p> 
<p>23</p> <p>9:30 Exercise</p> <p>9:30 Intergenerational Activities with St. John Paul the Great</p> <p>9:55 Shopping Trip to Landmark Plaza</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:30 Senior Tech Assistants: Voicemail Help</p> <p>11:00 The 1% Club Game</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>10:00 ESL with Thea</p> <p>9:30 Intergenerational Activities with St. John Paul the Great</p> <p>10:45 SAIL at PHRC</p> <p>11:00 Beginners Spanish with Maria Teresa</p> <p>12:45 Senior Treasure Corner</p> 	<p>25</p> <p>9:30 Exercise</p> <p>9:45 ESL with Nancy</p> <p>10:00-11:30 Pool/Billiards</p> <p>11:00 Birthday Party</p> <p>11:00 Infinite Craft</p> <p>11:00 ESL with Denice</p> <p>12:45 Bread Raffle</p> 	<p>26</p> <p>Center Closed</p> <p>Field Trip to Amish Market</p> <p>The Amish Market</p> 	<p>27</p> <p>9:30 Exercise with Katelyn</p> <p>9:30 Intergenerational Activities with Oakcrest Students</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:00 Spanish with Maria Teresa</p> <p>10:00 – 10:45 Ukulele Class</p> <p>10:30 Crafty Crew</p> <p>12:45 Prize Bingo</p> 
<p>30</p> <p>9:30 Exercise</p> <p>9:55 Shopping Trip to Lidl's</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:30 Senior Tech Assistants: Voicemail Help</p> <p>11:00 Trivia!</p> <p>12:45 10 Cent Bingo</p> 	<p>31</p> <p>9:30 Exercise</p> <p>9:30 Intergenerational Activities with Volunteer Alexandria</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:00 ESL with Thea</p> <p>10:45 SAIL at PHRC</p> <p>11:00 Beginners Spanish with Maria Teresa</p> <p>12:45 Senior Treasure Corner</p>	<p>March is National Nutrition Month, National Craft Month, National Social Work Month, National Caffeine Awareness Month</p> <p>** Activities are subject to change depending on instructor availability**</p> <p>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!!</p> <p>Any voluntary donation is greatly appreciated to help ensure that the center is able to continue to provide multiple services and activities.</p>		