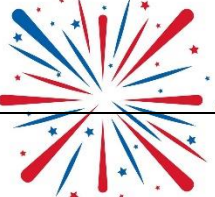
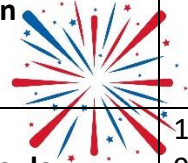
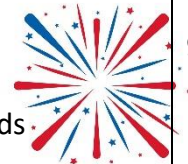


July 2026

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
July is National Anti-boredom Month, World Watercolor Month, National Blueberry Month ** 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. 		1 9:30 Exercise 9:45 ESL with Nancy 10:00-11:30 Pool/Billiards 10:15 Tomadachi Life Game 10:30 Fifa World Cup Watch Party 11:00 ESL with Denice 11:00 Scattagories 12:45 Cup Drop Game  	2 9:30 Exercise 10:00-11:30 Pool/Billiards 10:30 US Geography Trivia 11:00 America Trivia 10:30 Fifa World Cup Watch Party 12:45 Prize Bingo 	3 Center Closed  <i>Happy 4th of July</i> 
6 9:30 Exercise 9:55 Shopping Trip to Walmart 10:00-11:30 Pool/Billiards 10:30 Crossword Puzzles 10:30 Fifa World Cup Watch Party 12:45 10 Cent Bingo	7 9:30 Fun Exercise with Paula 10:00-11:30 Pool/Billiards 10:00 ESL with Thea 10:30 Beginners Spanish Class 11:00 VICAP Presentation 12:45 Bread Raffle 1:10 Garden Raffle 	8 Center Closed Field Trip to the Dominican House of Studies Tour  	9 9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 Group Puzzle 11:00 Spot the Difference 11:00 Fifa World Cup Watch Party 12:45 Senior Treasure Corner 	10 9:30 Exercise 10:00-11:30 Pool/Billiards 10:30 Fifa World Cup Watch Party 10:00 Spanish with Maria Teresa 11:00 America Word Scrambles 12:45 Prize Bingo   
13 Founding of the City of Alexandria, VA 1749 9:30 Exercise 9:55 Shopping Trip to Landmark Plaza 10:00-11:30 Pool/Billiards 10:30 Fifa World Cup Watch Party 11:00 Country Flag Rice Bowl Trivia 12:45 10 Cent Bingo   	14 9:30 Fun Exercise with Paula 10:00-11:30 Pool/Billiards 10:00 Fifa World Cup Watch Party 10:00 ESL with Thea 10:45 SAIL Exercise at PHRC 11:00 Beginners Spanish Class 11:00 Matching Game 12:45 Bread Raffle 1:10 Garden Raffle 	15 9:45 ESL with Nancy 9:30 Exercise 10:00-11:30 Pool/Billiards 10:30 ESL with Denice 10:30 Fifa World Cup Watch Party 12:45 Senior Counsel and Raffle Entry 	16 9:30 Exercise 10:00-11:30 Pool/Billiards 10:45 SAIL Exercise at PHRC 10:30 Fifa World Cup Watch Party 11:00 Scopas Card Games 12:30 Raffle 12:45 Bean Bag Slide 	17 9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 Fifa World Cup Watch Party 10:00 – 10:45 Ukulele Class 10:00 Spanish with Maria Teresa 11:00 1% Club Game 12:45 Prize Bingo   



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Monday	Tuesday	Wednesday	Thursday	Friday
20 Moon Landing Day 9:30 Exercise 9:55 Shopping Trip to Target – Springfield Mall 10:00-11:30 Pool/Billiards 10:30 Fifa World Cup Finals Watch Party 11:00 Where in the World Game 12:45 10 Cent Bingo	21 9:30 Fun Exercise with Paula 10:00 ESL with Thea 10:00-11:30 Pool/Billiards 10:30 Beginners Spanish Class 11:00 Mad Libs Word Games 12:45 Senior Treasure Corner	22 9:30 Exercise 9:45 ESL with Nancy 10:00-11:30 Pool/Billiards 10:30 ESL with Denice 11:00 Birthday Party 11:00 Infinite Craft 12:45 Bread Raffle 1:10 Garden Raffle	23 9:30 Belly Dancing with Marietha 10:00-11:30 Pool/Billiards 10:30 Crafty Crew 10:30 Family Feud 11:00 Sewing Room 12:45 Bean Bag Toss	24 International Self Care Day 9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 – 10:45 Ukulele Class 10:00 Spanish with Maria Teresa 11:00 Simon Says 12:45 Prize Bingo
27 9:30 Exercise 9:55 Shopping Trip to Lidl's 10:00-11:30 Pool/Billiards 10:30 Movie: Hidden Figures 11:00 I Spy Game 12:45 10 Cent Bingo	28 9:30 Fun Exercise with Paula 9:45 ESL with Nancy 10:00-11:30 Pool/Billiards 10:00 ESL with Thea 11:00 Beginners Spanish Class 12:45 Bread Raffle 1:10 Garden Raffle	29 Center Closed Field Trip to Glen Echo Park	30 International Day of Friendship 9:30 Belly Dancing with Marietha 10:00-11:30 Pool/Billiards 10:30 Crafty Crew 10:00 Parcheesi Board Game 11:00 Connections Puzzles 12:45 Target Toss	31 9:30 Exercise 10:00 Spanish with Maria Teresa 10:00-11:30 Pool/Billiards 10:00 – 10:45 Ukulele Class 11:00 The Floor Game 12:45 Prize Bingo

