



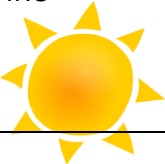
















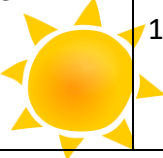



June 2026

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>1 National Nail Polish Day 9:30 Exercise 9:55 Shopping Trip to Landmark Plaza 10:00-11:30 Pool/Billiards 10:00 Manicures 11:00 New Card Games 12:45 10 Cent Bingo</p> 	<p>2 9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 ESL with Thea 10:30 Beginners Spanish Class 10:45 SAIL Exercise at PHRC 11:30 Tomadachi Life Gaming 12:45 Senior Treasure Corner</p>	<p>3 9:30 Exercise 9:45 ESL with Nancy 10:00-11:30 Pool/Billiards 10:00 Table Riddles 10:30 ESL with Denice 11:00 Spelling Bee 12:45 Bread Raffle 1:10 Garden Raffle</p> 	<p>4 9:30 Exercise 10:00-11:30 Pool/Billiards 10:45 SAIL Exercise at PHRC 9:45 Star Wars: The Empire Strikes Back 11:00 Card Games 12:45 Group Floor Trivia</p> 	<p>5 9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 Spanish with Maria Teresa 10:00 – 10:45 Ukulele Class 11:00 1% Club 12:45 Prize Bingo</p> 
<p>8 9:30 Exercise 9:55 Shopping Trip to Walmart 10:00-11:30 Pool/Billiards 10:30 Movie: Kicking and Screaming 10:30 Family Feud with the Lee Center 11:00 Soccer Bets 12:45 10 Cent Bingo</p>	<p>9 9:30 Fun Exercise with Paula 10:00-11:30 Pool/Billiards 10:00 ESL with Thea 10:30 Beginners Spanish Class 10:45 SAIL Exercise at PHRC 11:00 Soccer Trivia 12:45 Bread Raffle 1:10 Garden Raffle</p> 	<p>10 9:30 Exercise 9:45 ESL with Nancy 10:00-11:30 Pool/Billiards 10:30 ESL with Denice 10:30 Skipbo Card Game 11:00 Dots Game 12:45 Guess the Country</p> 	<p>11 9:30 Exercise 10:00-11:30 Pool/Billiards 10:30 Crafty Crew 10:45 SAIL Exercise at PHRC 11:00 Rummikub 12:45 AI Presentation with Joe</p>	<p>12 Center Closed for Field Trip Torpedo Factory and Tall Ships</p>  
<p>15 9:30 Exercise 9:55 Shopping Trip to Lidl's 10:00-11:30 Pool/Billiards 10:30 Fifa World Cup Watch Party 11:00 Geography Trivia 12:45 10 Cent Bingo</p>  	<p>16 9:30 Fun Exercise with Paula 10:00-11:30 Pool/Billiards 10:00 ESL with Thea 10:30 Beginners Spanish Class 10:45 SAIL Exercise at PHRC 11:00 Fifa World Cup Watch Party 12:45 Bread Raffle 1:10 Garden Raffle</p> 	<p>17 National Eat Your Vegetables Day 9:30 Exercise 9:45 ESL with Nancy 10:00-11:30 Pool/Billiards 10:30 Fifa World Cup Watch Party 10:30 ESL with Denice 11:00 Birthday Party 11:00 Infinite Craft 12:45 Skeeball</p> 	<p>18 9:30 Belly Dancing with Marietha 10:00-11:30 Pool/Billiards 10:30 Crafty Crew 10:45 SAIL Exercise at PHRC 11:00 Fifa World Cup Watch Party 12:45 Prize Bingo</p> 	<p>19 Center Closed Juneteenth</p>  

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>22</p> <p>9:30 Exercise</p> <p>9:55 Potential Shopping Trip to Landmark Plaza</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:30 Fifa World Cup Watch Party</p> <p>11:00 Guess the Country</p> <p>12:45 10 Cent Bingo</p> 	<p>23 <i>National Hydration Day</i></p> <p>9:30 Fun Exercise with Paula</p> <p>9:45 ESL with Nancy</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:00 ESL with Thea</p> <p>10:45 Beginners Spanish Class</p> <p>10:45 SAIL Exercise at PHRC</p> <p>11:00 Fifa World Cup Watch Party</p> <p>12:45 Bread Raffle</p> <p>1:10 Garden Raffle</p> 	<p>24</p> <p>Center Closed</p> <p>Field Trip to Goodwin Living House for Farmers Market</p>  	<p>25</p> <p>9:30 Belly Dancing with Marietha</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:30 Crafty Crew</p> <p>10:45 SAIL Exercise at PHRC</p> <p>11:00 Fifa World Cup Watch Party</p> <p>12:45 Senior Treasure Corner</p> 	<p>26</p> <p>9:30 Exercise</p> <p>10:00 Spanish with Maria Teresa</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:30 Fifa World Cup Watch Party</p> <p>11:00 Ukulele Class</p> <p>11:00 Battleship</p> <p>12:45 Prize Bingo</p> 
<p>29</p> <p>9:30 Exercise</p> <p>9:55 Shopping Trip to Target</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:30 Fifa World Cup Watch Party</p> <p>11:00 Connection</p> <p>12:45 10 Cent Bingo</p> 	<p>30</p> <p>9:30 Fun Exercise with Paula</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:00 ESL with Thea</p> <p>10:30 Beginners Spanish Class</p> <p>10:45 SAIL Exercise at PHRC</p> <p>11:00 Fifa World Cup Watch Party</p> <p>12:45 Bread Raffle</p> <p>1:10 Garden Raffle</p> 	<p>June is National Safety Month, National Great Outdoors Month, National Fresh Fruit and Vegetables 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>		

