


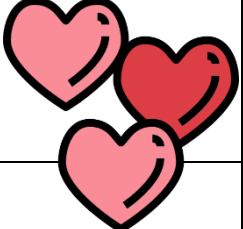

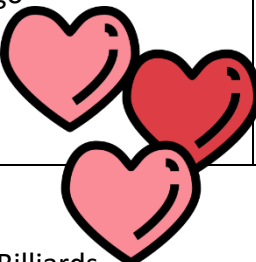


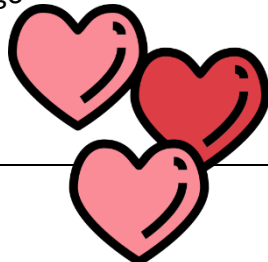
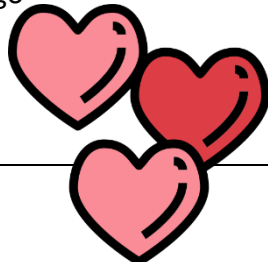
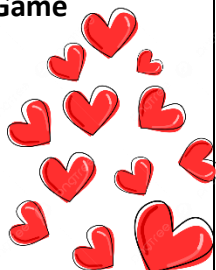



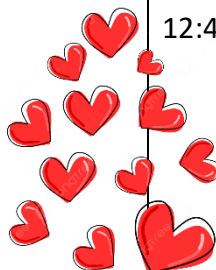
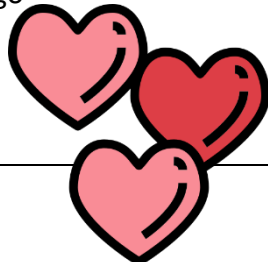



February 2024

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>February is National Heart Month, National Snack Month, and National Cancer Prevention Month</p>   			<p>1 Start bringing in photos of you with your loved ones 9:30 Exercise 10:00-11:30 Pool/Billiards 10:30 Crafty Crew 11:00 SAIL Exercise at Patrick Henry 12:45 Bread Raffle 12:45 Target Toss</p> 	<p>2 9:30 Trivia! 9:30 Exercise 10:00-11:30 Pool/Billiards 10-12 Health Screenings with Nurse Cathy 10:00 Movie and Discussion: Groundhog Day 12:45 Prize Bingo</p> 
<p>5 9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 Shopping Trip Walmart 10:00 Connections Game 11:00 Tapple 12:45 10 Cent Bingo</p> 	<p>6 9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 ESL with Thea 10:00 ESL with Nancy 11:00 SAIL Exercise at Patrick Henry 12:45 Bread Raffle 12:45 Bounce In Game</p> 	<p>7 9:30 Exercise 10:00-11:30 Pool/Billiards 10-12 Health Screenings with Nurse Cathy 10:00 Matching Game 11:00 Philippe Cooking Class 12:45 Team Skee-ball</p> 	<p>8 9:30 Exercise 10:00-11:30 Pool/Billiards 10:30 Scattegories Game 10:00 Sewing Aprons 11:00 SAIL Exercise at Patrick Henry 12:45 Bean Bag Slide</p> 	<p>9 9:30 Trivia! 9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 Anagrams 11:00 Spanish Class! 12:45 Prize Bingo</p> 
<p>12 9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 Shopping Trip Landmark Plaza 10:30 Guess the AI Images Game 11:00 Hues and Cues Game 12:45 10 Cent Bingo</p> 	<p>13 Mardi Gras! Wear Purple, Green and Gold/Yellow 9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 ESL with Thea 10:00 ESL with Nancy 11:00 SAIL Exercise at Patrick Henry 12:45 Bread Raffle 12:45 Target Toss</p> 	<p>14 Wear Pinks, Reds, Whites, and Hearts Center Closed for SSA Valentine's Day Party at the Lee Center Last day to sign up for this party is February 7th</p>  	<p>15 9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 Movie and Discussion: Mamma Mia 10:00 Apple to Apples Card Game 11:00 Loved Ones Photo PowerPoint Presentation 12:45 Rolling Game</p> 	<p>16 9:30 Trivia! 9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 Rice Bowl Trivia 11:00 Family Feud 12:45 Prize Bingo</p> 

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>19 Center Closed</p> <p>Center Closed for President's Day</p>  	<p>20</p> <p>9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 ESL with Thea 10:00 ESL with Nancy 11:00 SAIL Exercise at Patrick Henry 12:45 Bread Raffle 12:45 Prize Bingo</p> 	<p>21</p> <p>9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 New- Phase 10 11:00 Valentine's Day Talk and Craft 11:00 Game Room 2:45 Hot Potato Game</p> 	<p>22</p> <p>9:30 Belly Dancing 10:00-11:30 Pool/Billiards 10:00 Sewing Aprons 10:30 Crafty Crew 11:00 Birthday Party! 12:45 Corner Hole Toss</p> 	<p>23</p> <p>9:30 Trivia! 9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 Spot the Difference 11:00 Spanish Class! 12:45 Prize Bingo</p> 
<p>26</p> <p>9:30 Exercise 9:30 Intergenerational Activities with Bishop O'Connell Students 10:00-11:30 Pool/Billiards 10:00 Shopping Trip Target 10:30 Wheel of Fortune 11:00-11:30 Dot Game 12:45 10 Cent Bingo</p> 	<p>27</p> <p>9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 ESL with Thea 10:00 ESL with Nancy 11:00 SAIL Exercise at Patrick Henry 12:45 Bread Raffle 12:45 Senior Treasure Corner</p>	<p>28</p> <p>Center Closed Field Trip to the National Museum of American History</p>  	<p>29</p> <p>9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 Movie and Discussion: Leap Day 10:30 Crafty Crew 11:00 SAIL Exercise at Patrick Henry 11:00 Pictionary 12:45 Tennis Putt</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!! Any voluntary donation is greatly appreciated to help ensure that the center is able to continue to provide multiple services and activities.</p> <p>IMPORTANT!! If there is any snow forecasted, please check on wtop.com/closings-and-delays/ or ccda.net/seniorservices/ for any closures.</p>				