




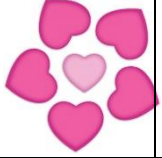

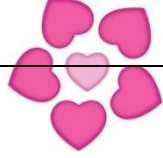






May 2019

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>May is Asian American and Pacific Islander Heritage Month, National Photography Month, Older Americans Month, National Mental Health Awareness Month</p>		<p>1 9:45 Walk at Patrick Henry Rec Center 9:30 – 11:30 Pool/Billiards 10:00 Art Presentation and Exhibit 10:30 Mother’s Day Basket Raffle Tickets Sale begins: 10 cents per ticket 11:00 Uno Game!! 12:45 Senior Treasure Corner 12:45 Cup Toss</p>	<p>2 9:30 Exercise with Instructor 9:30 – 11:30 Pool/Billiards 10:30 Crafty Crew 11:00 Battle Ship: Big Version!! 11:00 Cancer Screening Presentation 12:45 Tennis Putt</p>	<p>3 9:30 Trivia 10:00 Exercise with Instructor 9:30 – 11:30 Pool/Billiards 10:00 Learn to Play Gin Rummy! 11:00 Spanish Class 12:45 Prize Bingo</p>
<p>6 9:30 Zumba Gold with Patricia 9:30 – 11:30 Pool/Billiards 10:00 ESL with Eugene 11:00 Learn to Play Rummy Tile 11:00 Food and Fun with Phillipe 12:45 10 Cent Bingo</p>	<p>7 9:30 Exercise with Instructor 9:30 – 11:30 Pool/Billiards 10:30 Pen Pals!! 11:00 ESL with Nancy 11:00 Card Games with Maria 12:30 Bread Raffle 12:45 Who Wants to be a Millionaire</p>	<p>8 Closed for Trip Picnic at the Franciscan Monastery Garden</p> 	<p>9 9:30 Golden Hearts with Paula 9:30 – 11:30 Pool/Billiards 10:30 Crafty Crew 10:30 Blood Pressure Checks 11:00 Yahtzee 12:45 Bean Bag Toss</p>	<p>10 9:30 Trivia 10:00 Exercise with Instructor 9:30 – 11:30 Pool/Billiards 11:00 Mothers Game: Guess the Mother 11:00 Small Group ESL with Peggy 12:30 Mother’s Day Raffle 12:45 Prize Bingo</p>
<p>13 9:30 Zumba Gold with Patricia 9:30 – 11:30 Pool/Billiards 10:00 ESL with Eugene 10:30 Hangman with Judy 11:00 Food and Fun with Phillipe 12:45 10 Cent Bingo</p>	<p>14 9:30 Exercise with Instructor 9:30 – 11:30 Pool/Billiards 10:30 Pen Pals!! 11:00 ESL with Nancy 12:30 Bread Raffle 12:45 Hot Potato</p>	<p>15 9:30 Chair Jazzercise with Peggy 10:15 Low Impact Dance with Peggy 9:30 – 11:30 Pool/Billiards 10:30 \$100,000 Pyramid Game 11:00 Math Word Puzzles 12:45 Who Said It: Trivia Game</p>	<p>16 9:30 Golden Hearts with Paula 9:30 – 11:30 Pool/Billiards 10:30 Crafty Crew 10:30 Blood Pressure Checks 11:00 Wig Presentation with Rochelle 12:45 Shuffleboard</p>	<p>17 9:30 Trivia 10:00 Exercise with Instructor 9:30 – 11:30 Pool/Billiards 10:00 Learn how to play Boggle 11:00 Spanish Class 12:45 Prize Bingo</p>

May 2019 Continued

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>20</p> <p>9:30 Zumba Gold with Patricia 9:30 – 11:30 Pool/Billiards 10:00 ESL with Eugene 10:30 Hangman with Judy 11:00 Food and Fun with Phillippe 12:45 10 Cent Bingo</p> 	<p>21</p> <p>Closed for Trip Holocaust Museum with boxed lunch</p>  	<p>22</p> <p>9:30 Exercise with Instructor 9:30 – 11:30 Pool/Billiards 11:00 Birthday Party with DJ Robby G 11:00 Learn NEW Video Game: Mario Party! 12:45 Skeeball 12:45 Senior Treasure Corner</p>	<p>23</p> <p>9:30 Golden Hearts with Paula 9:30 – 11:30 Pool/Billiards 10:30 Crafty Crew 10:30 Blood Pressure Checks 11:00 Women in Military Presentation 12:45 Corner Hole</p> 	<p>24</p> <p>9:30 Trivia 10:00 Exercise with Instructor 9:30 – 11:30 Pool/Billiards 11:00 Small Group ESL with Peggy 11:30 Discover Philippines 12:45 Prize Bingo</p> 
<p>27</p> <p>Closed for Holiday Memorial Day</p>  	<p>28</p> <p>9:30 Exercise with Instructor 9:30 – 11:30 Pool/Billiards 10:30 Geogussr 11:00 ESL with Nancy 12:30 Bread Raffle 12:45 10 Cent Bingo</p> 	<p>29</p> <p>9:30 Exercise with Instructor 9:30 – 11:30 Pool/Billiards 9:45 Lee Center Health Fair 10:30 Logic Puzzles 11:00 Manicures 12:45 Basketball Toss</p> 	<p>30</p> <p>9:30 Golden Hearts with Paula 9:30 – 11:30 Pool/Billiards 10:30 Crafty Crew 10:30 Blood Pressure Checks 11:00 Telemarketer and Robocall Presentation by the FCC 12:45 Guess Who: Famous People</p> 	<p>31</p> <p>9:30 Trivia 10:00 Exercise with Instructor 9:30 – 11:30 Pool/Billiards 10:00 – 11:00 Wheel of Fortune 11:00 Spanish Test 12:45 Prize Bingo</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!!

Mondays and Tuesdays, we will be having English as a Second Language (ESL) classes. We added a new ESL every other Friday. This class will be in small groups, so it can be more student oriented

Wednesday May 8: Center Closed. Picnic in the Franciscan Monastery Garden, if it rains, we will go to tour to church and have lunch at the center

Every other Friday we will be having Spanish Class with Maria, please bring the packet from last class. May 31 will be a test

Monday May 27 we are closed for Memorial Day. Please make sure you sign up early for Tuesday May 28

Wednesday May 29: Center closed. Weather permitting, we will be going to look at the exhibits at the National Arboretum then have a picnic lunch there. We will be going to the Holocaust Museum and have a boxed lunch at the center.

