




# MAY 2025

*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
May is National Stroke Awareness Month, National Mental Health Awareness Month, National Military Appreciation Month, National Strawberry Month, National Photography Month, and most importantly, <b><u>Older Americans Month!</u></b>			<b>1</b> 9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 Flower Trivia <b>10:45 SAIL Exercise at PHRC</b> 11:00 Puzzle <b>12:45 Bowling</b>	<b>2</b> 9:30 Exercise <b>9:30 Intergenerational Activities with Bishop Ireton</b> 10:00-11:30 Pool/Billiards 10:00 – 10:45 Ukelele Lessons 11:00 Horse Bets 12:45 Prize Bingo
5 Cinco de Mayo 9:30 Exercise 9:30 Gardening with Amber 9:55 Shopping Trip to Landmark Plaza 10:00-11:30 Pool/Billiards <b>10:00 Learn to play Trash Card Game</b> 11:00 Rummy Tile 12:45 10 Cent Bingo	6 <b>9:30 Exercise</b> 9:45 ESL with Nancy 10:00-11:30 Pool/Billiards 10:00 ESL with Thea <b>10:30-1:30 Blood Pressure Checks with Nurse Nancy</b> <b>10:45 SAIL Exercise at PHRC</b> 11:00 Obstacle Course 12:30 Bread Raffle 12:45 Senior Treasure Corner	7 <b>9:00 Bingocize at PHRC</b> 9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 Table Riddles 11:00 Spelling Bee 12:45 Team Bean Bag Toss	8 Dutch Amish Farmers Market  	9 <b>9:00 Bingocize at PHRC</b> 9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 – 10:45 Ukelele Lessons 11:00 True or False Trivia 12:45 Prize Bingo
12 9:30 Exercise 9:30 Gardening with Amber 9:55 Shopping Trip to Target 10:00-11:30 Pool/Billiards 10:00 Mother's Day Trivia 11:00 Monopoly 12:45 10 Cent Bingo	13 9:30 Exercise 9:45 ESL with Nancy 10:00-11:30 Pool/Billiards 10:00 ESL with Thea <b>10:45 SAIL Exercise at PHRC</b> 11:00 Yahtzee 12:30 Bread Raffle 12:45 Guess the Country	14 <b>9:30 Robust Senior Walkathon</b> 9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 Skipbo Card Game <b>11:00 Scams Presentation by the FCC</b> 11:00 Board Games 12:45 Bounce In Game	15 <b>9:30 Robust Senior Walkathon</b> – Rain Date 9:30 Exercise 10:00-11:30 Pool/Billiards 10:30 Battle Ship Board Game <b>10:45 SAIL Exercise at PHRC</b> 11:00 Geography Quiz 12:45 1960's Trivia	16 National Classic Movie Day <b>9:00 Bingocize at PHRC</b> 9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 Movie and Discussion: Brigadoon 10:00 – 10:45 Ukelele Lessons 11:00 Card Games 12:45 Prize Bingo

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19 9:30 Exercise 9:30 Gardening with Amber 9:55 Shopping Trip to Target 10:00-11:30 Pool/Billiards 10:00 Phase 10 11:00 Brain Battalion 12:45 10 Cent Bingo	20 National Be a Millionaire Day 9:30 Exercise 9:45 ESL with Nancy 10:00-11:30 Pool/Billiards 10:00 ESL with Thea <b>10:45 SAIL Exercise at PHRC</b> 11:30 Who Wants to Be a Millionaire 12:45 Senior Treasure Corner	21 <b>9:00 Bingocize at PHRC</b> 9:30 Exercise 10:00-11:30 Pool/Billiards 11:00 Birthday Party with DJ Robby G 11:00 Infinite Craft 12:45 Hot Potato	22 <b>9:30 Health and Fitness Fair at the Lee Center</b> <b>9:30 Belly Dancing with Marietha</b> 10:00-11:30 Pool/Billiards <b>10:00 Puzzle</b> <b>10:45 SAIL Exercise at PHRC</b> <b>11:00 Zingo Game</b> 12:45 Ring Toss	23 <b>9:00 Bingocize at PHRC</b> 9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 – 10:45 Ukelele Lessons 11:00 New Card Games 12:45 Prize Bingo
26 Memorial Day 	27 9:30 Exercise 9:45 ESL with Nancy 10:00-11:30 Pool/Billiards 10:00 ESL with Thea <b>10:45 SAIL Exercise at PHRC</b> 12:30 Bread Raffle 12:45 Special Bingo	28 Walk Around Fort Ward Park 	29 9:30 Exercise 10:00-11:30 Pool/Billiards 10:30 Crafty Crew <b>10:45 SAIL Exercise at PHRC</b> 11:00 Ice Cream Questions 12:45 Basketball	30 <b>9:00 Bingocize at PHRC</b> 9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 – 10:45 Ukelele Lessons <b>10:00 AARP Presentation at Burke Library</b> 11:00 Uno Attack 12:45 Prize Bingo

