




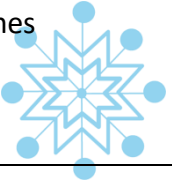
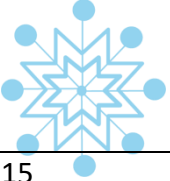




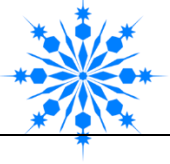

















January 2024

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>1</p> <p>Center Closed</p> <p>Happy New Years!</p>  	<p>2</p> <p>9:30 Exercise</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:00 ESL with Thea</p> <p>10:00 ESL with Nancy</p> <p>11:00 Play Scopa</p> <p>12:45 Prize Bingo</p> 	<p>3</p> <p>9:30 Exercise</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:30 Scattegories Game</p> <p>11:00 Brain Battalion Puzzles</p> <p>12:45 Bread Raffle</p> <p>1:00 Shuffleboard</p> 	<p>4</p> <p>9:30 Exercise</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:00 Play Phase 10</p> <p>10:30 Handwriting Samples</p> <p>11:00 Tapple</p> <p>12:45 Indoor Bowling</p> 	<p>5</p> <p>9:30 Trivia!</p> <p>9:30 Exercise</p> <p>10:00-11:30 Pool/Billiards</p> <p>10-12 Health Screenings with Nurse Cathy</p> <p>11:00 Go Fish Card Games</p> <p>12:45 Prize Bingo</p> 
<p>8</p> <p>9:30 Exercise</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:00 Shopping Trip Walmart</p> <p>10:30 Play Scrabble</p> <p>11:00 Take Down Christmas Tree</p> <p>12:45 10 Cent Bingo</p> 	<p>9</p> <p>9:30 Exercise</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:00 ESL with Thea</p> <p>10:00 ESL with Nancy</p> <p>11:00 SAIL Exercise at Patrick Henry</p> <p>11:00 Hangman – New Year Themed</p> <p>12:30 Bread Raffle</p> <p>12:45 Team Skee-ball</p> 	<p>10</p> <p>Center Closed</p> <p>Field Trip to Art League Gallery at the Torpedo Factory</p>  	<p>11</p> <p>9:30 Exercise</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:00 Sewing Aprons</p> <p>10:30 Group Puzzle</p> <p>11:00 SAIL Exercise at Patrick Henry</p> <p>11:00 Uno Card Game</p> <p>12:45 Bounce In Game</p> 	<p>12</p> <p>9:30 Trivia!</p> <p>9:30 Exercise</p> <p>10:00 Line Dancing with Nellie</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:00 Senior Video Games!</p> <p>11:00 Writing Prompts – New Years Resolutions</p> <p>12:45 Prize Bingo</p> 
<p>15</p> <p>Center Closed</p> <p>Martin Luther King Jr. Day</p>   <p>Martin Luther King Jr. Day</p> 	<p>16</p> <p>9:30 Exercise</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:00 ESL with Thea</p> <p>10:00 ESL with Nancy</p> <p>10:30 Knifty Knitting Hats!</p> <p>11:00 SAIL Exercise at Patrick Henry</p> <p>12:30 Bread Raffle</p> <p>12:45 Prize Bingo</p> 	<p>17</p> <p>9:30 Exercise</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:00 Line Dancing with Nellie</p> <p>10:00 NEW - Art Trivia</p> <p>11:00 New Year Presentation with St. Andrew's New Life Church</p> <p>11:00 Monopoly Game</p> <p>12:45 Target Toss</p> 	<p>18</p> <p>9:30 Exercise</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:00 Rehab and Wellness Presentation with Inova Alexandria Hospital</p> <p>10:00 Sudoku Puzzles</p> <p>11:00 SAIL Exercise at Patrick Henry</p> <p>11:00 Sewing Aprons</p> <p>12:45 Bean Bag Slide</p> 	<p>19</p> <p>9:30 Trivia!</p> <p>9:30 Exercise</p> <p>10:00-11:30 Pool/Billiards</p> <p>10-12 Health Screenings with Nurse Cathy</p> <p>10:00 Matching Game</p> <p>11:00 Spanish Class!</p> <p>12:45 Prize Bingo</p>  <p><i>National Popcorn Day</i></p>

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Monday	Tuesday	Wednesday	Thursday	Friday
<div>22 – Wear Something With Polka Dots!</div> <div>9:30 Exercise</div> <div>10:00-11:30 Pool/Billiards</div> <div>10:00 Shopping Trip Landmark Plaza</div> <div>10:00 Learn Card Game - Spoons</div> <div>11:00 Phase 10</div> <div>12:45 10 Cent Bingo</div> <div></div> <div><i>National Polka Dot Day</i></div>	<div>23</div> <div>9:30 Exercise</div> <div>10:00-11:30 Pool/Billiards</div> <div>10:00 ESL with Thea</div> <div>10:00 ESL with Nancy</div> <div>11:00 Birthday Party!</div> <div>11:00 Game Room</div> <div>11:00 SAIL Exercise at Patrick Henry</div> <div>12:30 Bread Raffle</div> <div>12:45 Wii Bowling</div> <div></div> <div><i>National Handwriting Day</i></div>	<div>24</div> <div>9:30 Exercise</div> <div>10:00-11:30 Pool/Billiards</div> <div>10:00 Group Puzzle</div> <div>10:30 Zine Art Class with Artist Wes Holloway</div> <div>11:00 Group Sudoku</div> <div>12:45 Rolling Game</div> <div></div>	<div>25</div> <div>9:30 Belly Dancing Exercise</div> <div>10:00-11:30 Pool/Billiards</div> <div>10:00 Helping Hearts Presentation at Lee Center</div> <div>10:30 Crossword Puzzles</div> <div>11:00 SAIL Exercise at Patrick Henry</div> <div>11:00 Table Riddles</div> <div>12:45 Hot Potato Game</div> <div></div>	<div>26</div> <div>9:30 Trivia!</div> <div>9:30 Exercise</div> <div>10:00 Line Dancing with Nellie</div> <div>10:00-11:30 Pool/Billiards</div> <div>10:00 Knifty Knitting Hats!</div> <div>11:00 Where in the World Game</div> <div>12:45 Prize Bingo</div> <div></div>
<div>29</div> <div>9:30 Exercise</div> <div>10:00-11:30 Pool/Billiards</div> <div>10:00 Shopping Trip Target</div> <div>10:00 Play Skipbo</div> <div>11:00 Jeopardy</div> <div>12:45 10 Cent Bingo</div> <div></div>	<div>30</div> <div>9:30 Exercise</div> <div>10:00-11:30 Pool/Billiards</div> <div>10:00 ESL with Thea</div> <div>10:00 ESL with Nancy</div> <div>11:00 Family Feud</div> <div>11:00 SAIL Exercise at Patrick Henry</div> <div>12:30 Bread Raffle</div> <div>12:45 Corner Hole Toss</div> <div></div>	<div>31</div> <div>Center Closed</div> <div>Field Trip to Patent and Trademark Museum with Lunch at Quattro Formaggi</div> <div></div>	<div>Happy New Years to all. As the new year starts, we hope that everyone has a happy and healthy new year, and we look forward to spending the year with you!</div> <div></div>	
<div>*** Activities are subject to change depending on instructor availability***</div> <div>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!!</div> <div>Any voluntary donation is greatly appreciated to help ensure that the center is able to continue to provide multiple services and activities.</div> <div>IMPORTANT!! If there is any snow forecasted, please check on wtop.com/closings-and-delays/ or ccda.net/seniorservices/ for any closures.</div>				