

# July 2022

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

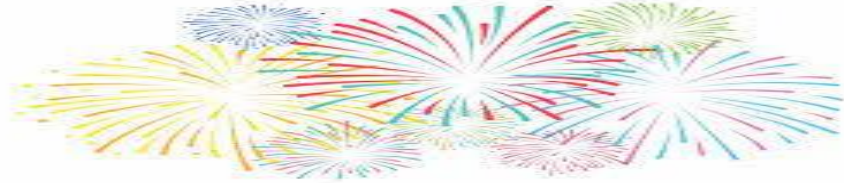
Tuesday

Wednesday

Thursday

Friday

July is National Anti-Boredom Month, National Picnic Month, and World Watercolor Month. We have created the calendar in hopes to keep you entertained and not bored, have a picnic, and maybe do some watercolor craft!



1  
 9:30 American Trivia  
 9:30-11:30 Pool/Billiards  
 10:00 Pictionary  
 10:15 Line Dancing with Nellie  
**11:00 Spanish Class Review!**  
 12:45 Prize Bingo

4  
 Center Closed



5  
 10:15 Zoom-ba!  
 10:30-11:30 Pool/Billiards  
 10:00 Beginner ESL with Thea  
 10:30 U.S.A. Group Trivia  
 11:00 ESL with Nancy  
 11:00 SAIL Exercise at PHRC  
 12:45 10 Cent Bingo

6  
 9:30 Exercise  
 9:30-11:30 Pool/Billiards  
 10:00 Geo and City Guessr  
 10:30 Blood Pressure Checks  
 11:00 Phase 10  
 12:30 Bread Raffle  
 12:45 Team Memory Game

7  
 9:30 Exercise  
 9:30-11:30 Pool/Billiards  
**10:30** Left Center Right Game  
 11:00 SAIL Exercise at PHRC  
 11:00 Sewing Class/Group with Gloria  
 12:15 Senior Council  
 12:45 Basket Toss

8  
 9:30 Trivia  
 9:30-11:30 Pool/Billiards  
 10:00 Scrabble  
 10:15 Exercise  
**11:00 Spanish Class Review!**  
 12:45 Prize Bingo

11  
 9:30 Zumba Gold with Patricia  
 9:30-11:30 Pool/Billiards  
 10:00 Garden Club with Amber  
 10:00 Shopping Trip  
**11:00 Food and Fun!**  
 12:45 10 Cent Bingo

12  
 10:15 Zoom-ba!  
 10:30-11:30 Pool/Billiards  
 10:00 Beginner ESL with Thea  
 10:30 Scattegories  
 11:00 SAIL Exercise at PHRC  
 11:00 Team Family Feud  
 12:45 Hoop Toss

13  
 Center Closed for Field Trip  
 The George Washington University Museum – The Textile Museum






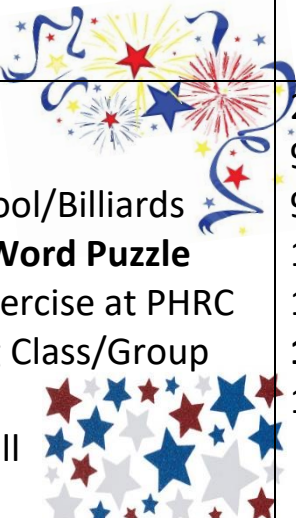
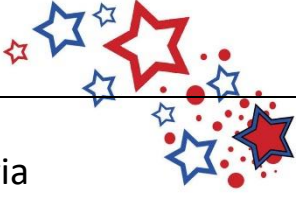
14  
 9:30 Exercise  
 9:30-11:30 Pool/Billiards  
**10:30 Crafty Crew**  
 11:00 SAIL Exercise at PHRC  
 11:00 Rice Bowl Trivia  
 12:45 Shuffleboard

15  
 9:30 Trivia  
 9:30-11:30 Pool/Billiards  
 10:00 Skipbo Game  
 10:15 Exercise  
**11:00 Spanish Class Review!**  
 12:45 Prize Bingo



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Monday	Tuesday	Wednesday	Thursday	Friday
<b>18</b> 9:30 Zumba Gold with Patricia 9:30-11:30 Pool/Billiards 10:00 Garden Club with Amber 10:00 Shopping Trip <b>11:00 SNAP Presentation</b> 12:45 10 Cent Bingo	19 10:15 Zoom-ba! 10:30-11:30 Pool/Billiards 10:00 Beginner ESL with Thea 10:30 Guess Who Game 11:00 ESL with Nancy 11:00 SAIL Exercise at PHRC 12:45 Basketball Toss	20 9:30 Walking Fit 9:30-11:30 Pool/Billiards 10:30 Blood Pressure Checks <b>11:00 Birthday Party with Robby G!</b> 11:00 Game Room! 12:30 Bread Raffle 12:45 Corn Hole Game 	21 9:30 Exercise 9:30-11:30 Pool/Billiards <b>10:30 Crafty Crew</b> 11:00 SAIL Exercise at PHRC <b>11:30 Discover Bulgaria</b> 12:45 Bean Bag Toss	22 9:30 Trivia 9:30-11:30 Pool/Billiards 10:00 Phase 10 Game 10:15 Exercise <b>11:00 Spanish Class Review!</b> 12:45 Prize Bingo
25 9:30 Zumba Gold with Patricia 9:30-11:30 Pool/Billiards 10:00 Garden Club with Amber 10:00 Shopping Trip 11:00 Sorry Game 12:45 10 Cent Bingo 	26 10:15 Zoom-ba! 10:30-11:30 Pool/Billiards 10:00 Beginner ESL with Thea 10:30 Group Puzzle 11:00 SAIL Exercise at PHRC 11:00 Taboo Card Game 12:45 Horseshoe Toss	27 Center Closed for Field Trip  Saint John Paul II National Shrine 	28 9:30 Exercise 9:30-11:30 Pool/Billiards <b>10:30 Cross Word Puzzle</b> 11:00 SAIL Exercise at PHRC 11:00 Sewing Class/Group with Gloria 12:45 Skeeball 	29 9:30 Trivia 9:30-11:30 Pool/Billiards 10:00 Uno Game 10:15 Exercise <b>11:00 Spanish Class Review!</b> 12:45 Prize Bingo 

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!! Senior Council is on July 7th. Please tell the SMdP staff your ideas, feedback and suggestions for new activities.

Please check your email, cell phone messages and your email for additional virtual/hybrid activities offered to seniors from Senior Services of Alexandria

Shopping trips are on Mondays. Please sign up at the front desk Monday morning

**\*\*Activities are subject to change\*\***