
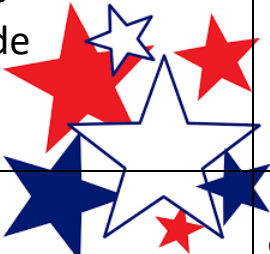



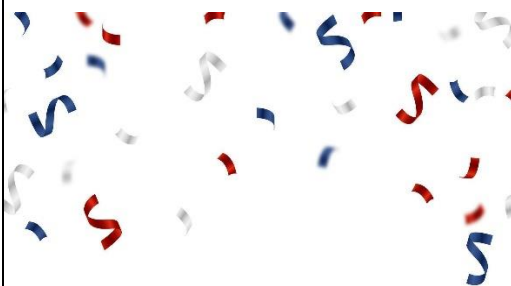
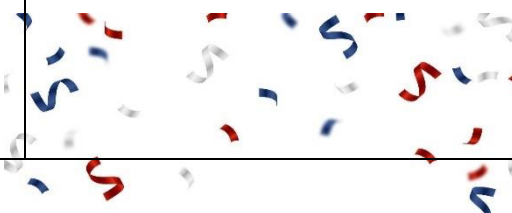
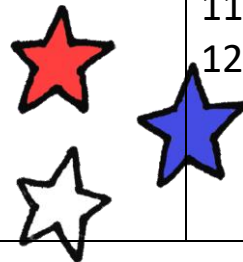
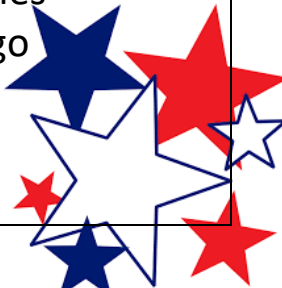


# JULY 2025

*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
<p><b>Seniors bring in a photo of you from when you were younger for a future guess who game!</b></p> 	<p>1 9:30 Exercise 10:00-11:30 Pool/Billiards 10:45 SAIL Exercise at PHRC 10:30 Monopoly 12:30 Bread and Garden Raffle 12:45 Senior Treasure Corner</p>	<p>2 9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 True or False Trivia 10:00 – 11:00 Beginner ESL with Denise 11:00 Yahtzee 12:45 Cup Slide</p> 	<p>3 9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 America Trivia 10:45 – 11:45 ESL with Mary 10:45 SAIL Exercise at PHRC 11:00 Crafty Crew <b>12:45 Prize Bingo</b></p> 	<p>4 Center Closed</p>  
<p>7 9:30 Exercise 9:55 Shopping Trip to Landmark Plaza 10:00-11:30 Pool/Billiards <b>10:00 Draw Along</b> 11:00 Rummy Tile 12:45 10 Cent Bingo</p> 	<p>8 9:30 Exercise 10:00-11:30 Pool/Billiards <b>10:00 Bowling at the Lee</b> 10:45 SAIL Exercise at PHRC 11 – 1 Blood Pressure Checks with Nurse Magdalena <b>10:30 Food and Fun with Philippe</b> 12:30 Bread and Garden Raffle 12:45 Target Toss</p>	<p>9 9:30 Exercise 10:00-11:30 Pool/Billiards <b>10:30 Intergenerational Activities with Volunteer Alexandria</b> 10:00 Table Riddles 11:00 Beginner ESL with Denise 11:00 Family Feud 12:45 Team Bean Bag Toss</p> 	<p>10 9:30 Exercise 10:00-11:30 Pool/Billiards 10:30 America Themed Hangman 10:45 – 11:45 ESL with Mary 10:45 SAIL Exercise at PHRC 11:00 Go Fish <b>12:45 SNAP/EBT Presentation</b></p> 	<p>11 9:30 Exercise 9:45 Beginners Spanish with Maria Teresa 10:00-11:30 Pool/Billiards 10:00 – 10:45 Ukelele Lessons <b>10:30-11:30 One on One Tech Class with Vaughan</b> 11:00 Card Games 12:45 Prize Bingo</p> 

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Monday	Tuesday	Wednesday	Thursday	Friday
14 9:30 Exercise <b>10:00 Senior Activities at Burke Library</b> 10:00-11:30 Pool/Billiards 10:00 Animal Word Scramble 11:00 Monopoly 12:45 10 Cent Bingo	15 9:30 Exercise 10:00-11:30 Pool/Billiards 10:30 Sudoku 10:45 SAIL Exercise at PHRC 11:00 Mad Gabs 12:30 Bread and Garden Raffle 12:45 Bounce In Game	16 9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 – 11:00 Beginner ESL with Denise 10:00 Skipbo Card Game <b>11:00 Birthday Party</b> 11:00 Infinite Craft 12:45 Who Wants to Be a Millionaire	17 National Tattoo Day 9:45 Scattegories 10:00-11:30 Pool/Billiards 10:45 SAIL Exercise at PHRC 10:00 Tattoo Parlor 10:45 – 11:45 ESL with Mary 11:00 US Geography Quiz 12:45 Bean Bag Hoop Toss	18 9:30 Exercise 9:45 Beginners Spanish with Maria Teresa 10:00-11:30 Pool/Billiards 10:00 – 10:45 Ukelele Lessons <b>10:30-11:30 One on One Tech Class with Vaughan</b> 11:00 The Floor Game 12:45 Prize Bingo
21 9:30 Exercise 9:55 Shopping Trip to Target 10:00-11:30 Pool/Billiards 10 – 12 Blood Pressure Checks with Nurse Magdalena 11:00 Where in the World Game 12:45 10 Cent Bingo	22 National Day of the Cowboy 9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 Western Movie and Discussion 11:30 Trivial Pursuit <b>12:30 Greetings from Mayor Alyia Gaskins</b> 1:00 Bread and Garden Raffle	23 9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 – 11:00 Beginner ESL with Denise 10:00 Scopa 10:30 Scategories 11:00 20 Questions <b>12:45 Rochelle’s Retirement Party</b>	24 International Self Care Day 9:30 Belly Dancing with Marietha 10:00-11:30 Pool/Billiards 10:00 Sorry Games <b>10:30 Manicures/Hand Massages</b> 10:45 – 11:45 ESL with Mary 11:00 Connections Puzzles 12:45 Guess the Country	25 9:30 Exercise 9:45 Beginners Spanish with Maria Teresa 10:00-11:30 Pool/Billiards 10:00 – 10:45 Ukelele Lessons <b>10:30-11:30 One on One Tech Class with Vaughan</b> 11:00 Pictionary 12:45 Prize Bingo

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Monday	Tuesday	Wednesday	Thursday	Friday
28 9:30 Exercise 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	29 9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 Parcheesi Board Game 11:00 I Spy Game 12:30 Bread Raffle 12:45 Corner Hole	30 Bowie Baysox Baseball Game with ASDC  	31 9:30 Belly Dancing with Marietha 10:00-11:30 Pool/Billiards 10:30 Uno 10:45 – 11:45 ESL with Mary 11:00 Crossword Puzzle 12:45 America Says	

**\*\* 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!!

Any voluntary donation is greatly appreciated to help ensure that the center is able to continue to provide multiple services and activities.