June 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. Wednesday Monday Tuesday Thursday Friday 9:30 Walking Fit 9:30 Gentle Chair Exercise 9:30 Trivia June is the great outdoors month. This is a great 9:30-11:30 Pool/Billiards 9:30-11:30 Pool/Billiards 9:30-11:30 Pool/Billiards chance to spend some time outside before it gets 10:00 Riddles **10:30 Hearing Loss Virtual** 10:00 Scattegories too hot outside! 10:00 Garden Club **Presentation by NVRC** 10:15 Line Dancing with Nelly 10:30 Blood Pressure Checks 11:00 SAIL Exercise at PHRC 11:00 Spanish Class Review! 12:45 Prize Bingo 11:00 Play Clue 12:30 Senior Council 12:45 Bean Bag Toss 1:00 Bean Bag Slide 10 9:30 Fit 4 Life Exercise 9:30 Senior Exercise 9:30 Gentle Chair Exercise 9:30 Walking Fit 9:30 Trivia 9:30-11:30 Pool/Billiards 10:30-11:30 Pool/Billiards 9:30-11:30 Pool/Billiards 9:30-11:30 Pool/Billiards 9:30-11:30 Pool/Billiards 10:00 Garden Club with Amber 10:00 Codeword Game **10:30 Beginners Sewing** 10:00 Old Maid Card Game 10:00 Beginner ESL with 10:00 Shopping Trip 10:30 Blood Pressure Checks with Gloria! 10:15 Line Dancing with Nelly Nancy 10:30 Play Apples to Apples 11:00 Geogussr 11:00 Rice Bowl Trivia Game 11:00 SAIL Exercise at PHRC 11:00 Parcheesi 12:45 10 Cent Bingo 11:00 SAIL Exercise at PHRC 12:45 Hoop Toss 11:00 Logic Puzzles 12:45 Prize Bingo 11:00 ESL with Nancy 12:45 Shuffleboard 12:30 Bread Raffle 12:45 Basketball 16 17 13 9:30 Zumba Gold with Patricia 9:30 Gentle Cardio Exercise Center Closed for Field Trip 9:30 Gentle Chair Exercise 9:30 Trivia 9:30-11:30 Pool/Billiards 9:30-11:30 Pool/Billiards 10:30-11:30 Pool/Billiards U.S. Postal Museum 9:30-11:30 Pool/Billiards 10:00 Garden Club with Amber 10:00 Beginner ESL with 10:30 Movie: Evan Almighty 10:00 Uno CLOSED 10:00 Shopping Trip 11:00 Jigsaw Puzzle 10:15 Line Dancing with Nelly Nancy 11:00 Food and Fun with 11:00 SAIL Exercise at PHRC 11:00 SAIL Exercise at PHRG 11:00 Spanish Class Basics 11:00 ESL with Nancy 12:45 Team Pictionary 12:15 Sumer Safety Philippe 11:00 Play Skipbo 12:30 Bread Raffle **Presentation** 12:45 10 Cent Bingo 12:45 Team Family Feud 12:45 Prize Bingo

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Monday	Tuesday	Wednesday	Thursday	Friday
20	21	22	23	24
Center Closed for Juneteenth	9:30 Gentle Chair Exercise	9:30 Walking Fit	9:30 Fit 4 Life Exercise	9:30 Trivia
	10:30-11:30 Pool/Billiards	9:30-11:30 Pool/Billiards	9:30-11:30 Pool/Billiards	9:30-11:30 Pool/Billiards
CINCED	10:00 Beginner ESL with	10:30 Blood Pressure Checks	10:30 Beginners Sewing	10:00 Dominos
CLOSES	Nancy	11:00 Birthday Party with	with Gloria!	10:15 Line Dancing with
	11:00 SAIL Exercise at PHRC	Robby G!	11:00 SAIL Exercise at PHRC	Nelly
THE ILINE	11:00 ESL with Nancy	11:00 Game Room!	11:30 Discover Brunei	11:00 Rummy Tile
TEENTH	12:30 Bread Raffle	12:45 Guess Who Game	12:45 Team Memory Game	12:45 Prize Bingo
FREEDOM	12:45 10 Cent Bingo			(1)
		111111111111111111111111111111111111111		
27	28	29	30	
9:30 Zumba Gold with	9:30 Gentle Cardio Exercise	Center Closed for Field Trip	9:30 Gentle Chair Exercise	Reminder: Father's
Patricia	10:30-11:30 Pool/Billiards	Army Museum with Lunch at	·	Day is on Sunday
9:30-11:30 Pool/Billiards	10:00 Beginner ESL with	Hibachi Buffet	10:00 Brain Battalion	•
10:00 Garden Club with	Nancy	Please pay \$20 when you	11:00 SAIL Exercise at PHRC	June 19 th
Amber	11:00 SAIL Exercise at PHRC	sign up for lunch	11:00 Learn A Card Game	Fathers
10:00 Shopping Trip	11:00 ESL with Nancy		12:45 Trivia Pursuit	
11:00 Phase 10 Card Game	12:30 Bread Raffle	CLOSED		DAY
12:45 10 Cent Bingo	12:45 Bucket Toss	U.S.ARMY	11,133	Happy Father's day to
				all!
Check calendar for new games cand activities for the month. Is there a game or activity you would like to add and play? Please let Maria				

Check calendar for new games cand 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 June 2nd. 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 now on Mondays. Please sign up at the front desk Monday morning

