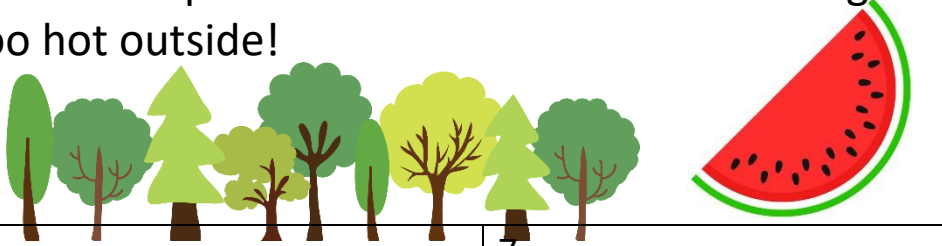
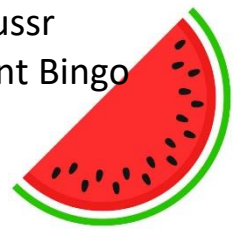
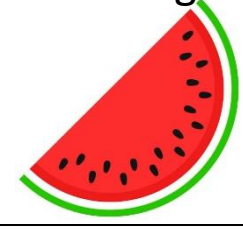
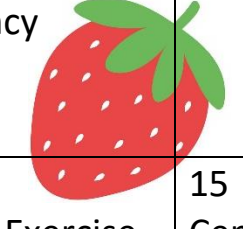



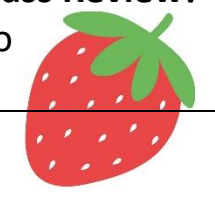


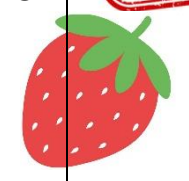


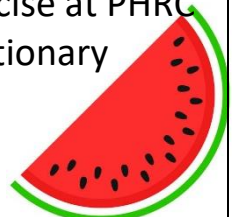





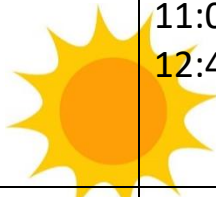
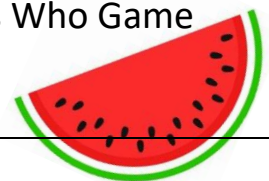








June 2022

This senior center is a partnership funded by the City of Alexandria Department of Community and Human Services Division of Aging and Adult Services.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>June is the great outdoors month. This is a great chance to spend some time outside before it gets too hot outside!</p> 				
<p>6</p> <p>9:30 Senior Exercise 9:30-11:30 Pool/Billiards 10:00 Garden Club with Amber 10:00 Shopping Trip 11:00 Geogussr 12:45 10 Cent Bingo</p> 	<p>7</p> <p>9:30 Gentle Chair Exercise 10:30-11:30 Pool/Billiards 10:00 Beginner ESL with Nancy 10:30 Play Apples to Apples 11:00 SAIL Exercise at PHRC 11:00 ESL with Nancy 12:30 Bread Raffle 12:45 Basketball</p>  	<p>8</p> <p>9:30 Walking Fit 9:30-11:30 Pool/Billiards 10:00 Codeword Game 10:30 Blood Pressure Checks 11:00 Rice Bowl Trivia Game 12:45 Hoop Toss</p>  	<p>9</p> <p>9:30 Fit 4 Life Exercise 9:30-11:30 Pool/Billiards 10:30 Beginners Sewing with Gloria! 11:00 SAIL Exercise at PHRC 11:00 Logic Puzzles 12:45 Shuffleboard</p> 	<p>10</p> <p>9:30 Trivia 9:30-11:30 Pool/Billiards 10:00 Old Maid Card Game 10:15 Line Dancing with Nelly 11:00 Parcheesi 12:45 Prize Bingo</p>  
<p>13</p> <p>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 with Philippe 11:00 Play Skipbo 12:45 10 Cent Bingo</p> 	<p>14</p> <p>9:30 Gentle Cardio Exercise 10:30-11:30 Pool/Billiards 10:00 Beginner ESL with Nancy 11:00 SAIL Exercise at PHRC 11:00 ESL with Nancy 12:30 Bread Raffle 12:45 Team Family Feud</p> 	<p>15</p> <p>Center Closed for Field Trip U.S. Postal Museum</p>  	<p>16</p> <p>9:30 Gentle Chair Exercise 9:30-11:30 Pool/Billiards 10:30 Movie: Evan Almighty 11:00 Jigsaw Puzzle 11:00 SAIL Exercise at PHRC 12:45 Team Pictionary</p> 	<p>17</p> <p>9:30 Trivia 9:30-11:30 Pool/Billiards 10:00 Uno 10:15 Line Dancing with Nelly 11:00 Spanish Class Basics 12:15 Sumer Safety Presentation 12:45 Prize Bingo</p> 

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>20 Center Closed for Juneteenth</p>  	<p>21 9:30 Gentle Chair Exercise 10:30-11:30 Pool/Billiards 10:00 Beginner ESL with Nancy 11:00 SAIL Exercise at PHRC 11:00 ESL with Nancy 12:30 Bread Raffle 12:45 10 Cent Bingo</p> 	<p>22 9:30 Walking Fit 9:30-11:30 Pool/Billiards 10:30 Blood Pressure Checks 11:00 Birthday Party with Robby G! 11:00 Game Room! 12:45 Guess Who Game</p> 	<p>23 9:30 Fit 4 Life Exercise 9:30-11:30 Pool/Billiards 10:30 Beginners Sewing with Gloria! 11:00 SAIL Exercise at PHRC 11:30 Discover Brunei 12:45 Team Memory Game</p> 	<p>24 9:30 Trivia 9:30-11:30 Pool/Billiards 10:00 Dominos 10:15 Line Dancing with Nelly 11:00 Rummy Tile 12:45 Prize Bingo</p> 
<p>27 9:30 Zumba Gold with Patricia 9:30-11:30 Pool/Billiards 10:00 Garden Club with Amber 10:00 Shopping Trip 11:00 Phase 10 Card Game 12:45 10 Cent Bingo</p> 	<p>28 9:30 Gentle Cardio Exercise 10:30-11:30 Pool/Billiards 10:00 Beginner ESL with Nancy 11:00 SAIL Exercise at PHRC 11:00 ESL with Nancy 12:30 Bread Raffle 12:45 Bucket Toss</p> 	<p>29 Center Closed for Field Trip Army Museum with Lunch at Hibachi Buffet Please pay \$20 when you sign up for lunch</p>  	<p>30 9:30 Gentle Chair Exercise 9:30-11:30 Pool/Billiards 10:00 Brain Battalion 11:00 SAIL Exercise at PHRC 11:00 Learn A Card Game 12:45 Trivia Pursuit</p> 	<p>Reminder: Father's Day is on Sunday June 19th</p>  <p>Happy Father's day to all!</p>

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 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

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