








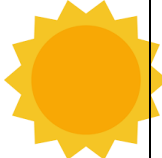




June 2023

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
June is National Iced Tea Month, National Fresh Fruit and Vegetable Month, and National Rose Month. Join in on our activities to see how we celebrate!			1 9:30 Exercise 10:30 Crafty Crew 11:00 SAIL Exercise at PHRC 11:00 Sewing One on One 12:45 Bucket Toss 	2 <i>National Donut Day</i> 9:30 Exercise 9:30 Intergenerational Activities with Blessed Sacrament Students 10:00 Donut Trivia 10:00 Gardening with Amber 12:45 Prize Bingo 
5 9:30 Exercise 10:00 Shopping Trip to Landmark Plaza 10:30 Scattegories Game 11:00 Logic Puzzles 12:45 10 Cent Bingo <i>National Garden Week</i> 	6 9:30 Exercise 10:00 ESL with Thea 11:00 SAIL Exercise at PHRC 12:30 Bread Raffle 12:45 Treasure Corner  	7 Center Closed for Field Trip  	8 9:30 Exercise 9:30 SSA Senior Walkathon 10:00 Spot the Difference 11:00 Sewing One on One 12:45 Cup Toss 	9 9:30 Trivia 9:30 Exercise 10:00 Gardening with Amber 11:00 Spanish Class 12:45 Prize Bingo  
12 9:30 Exercise 10:00 Intergenerational Activities with HOGAR Legal Services 10:30 Essential Documents to Plan for the Unexpected by NoVA Legal Services 12:45 10 Cent Bingo 	13 9:30 Exercise 10:00 Magic Show at Lee Center 10:00 ESL with Nancy 10:00 ESL with Thea 11:00 SAIL Exercise at PHRC 12:30 Bread Raffle 12:45 Tennis Putt   	14 9:45 Line Dancing with Nellie 10:00 Crossword Puzzles 11:00 Safety Presentation by Alexandria Sherriff's Office 11:00 ESL with Dominic 12:45 Bean Bag Toss	15 9:30 Exercise 10:00 Emojinary 10:30 Family Feud with the Lee Center 11:00 SAIL Exercise at PHRC 12:45 Skee-ball <i>World Elder Abuse Awareness Day</i> 	16 9:30 Trivia 9:30 Exercise 10:00 Gardening with Amber 11:00 Guess the Dad Game 12:45 Prize Bingo 

June 2023

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>19</p> <p>Center Closed for Juneteenth</p>  	<p>20</p> <p>9:30 Exercise</p> <p>10:00 ESL with Nancy</p> <p>10:00 ESL with Thea</p> <p>11:00 SAIL Exercise at PHRC</p> <p>12:30 Bread Raffle</p> <p>12:45 Bingo</p> 	<p>21</p> <p>9:30 Line Dancing with Nellie</p> <p>10:00 Jeopardy</p> <p>10:30 Father's Day Presentation</p> <p>11:00 Learn a board Game!</p> <p>12:45 Bean Bag Slide</p> 	<p>22</p> <p>9:30 Exercise</p> <p>10:30 Family Feud with the Lee Center</p> <p>10:00 Number Puzzles</p> <p>11:00 SAIL Exercise at PHRC</p> <p>12:45 Corner Hole</p> 	<p>23</p> <p>9:30 Trivia</p> <p>9:30 Exercise</p> <p>10:00 Gardening with Amber</p> <p>10:30 Rice Bowl Trivia</p> <p>11:00 Birthday Celebration</p> <p>12:45 Prize Bingo</p> 
<p>26</p> <p>9:30 Exercise</p> <p>10:00 Farmer's Market Presentation and Sign Up</p> <p>10:30 Logic Puzzles</p> <p>11:00 Food and Fun</p> <p>12:45 10 Cent Bingo</p> 	<p>27</p> <p>9:30 Exercise</p> <p>10:00 ESL with Nancy</p> <p>10:30 Crafty Crew</p> <p>11:00 SAIL Exercise at PHRC</p> <p>12:30 Bread Raffle</p> <p>12:45 Rolling Game</p> 	<p>28</p> <p>Center Closed for Field Trip</p>   <p>Smithsonian</p> <p><i>National Air and Space Museum</i></p>	<p>29</p> <p>9:30 Exercise</p> <p>10:00 Tapple Game</p> <p>11:00 SAIL Exercise at PHRC</p> <p>11:00 Sewing One on One</p> <p>12:45 Corner Hole</p> 	<p>30</p> <p>9:30 Trivia</p> <p>9:30 Exercise</p> <p>10:00 Hues and Cues Game!</p> <p>11:00 Health Presentation and Blood Pressure Checks by VHC</p> <p>11:00 Spanish Class</p> <p>12:45 Prize Bingo</p>

***** 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.