
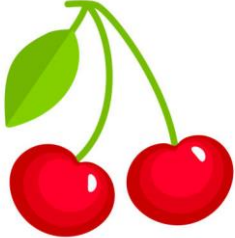


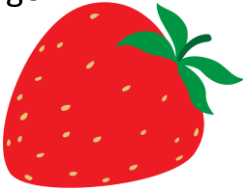

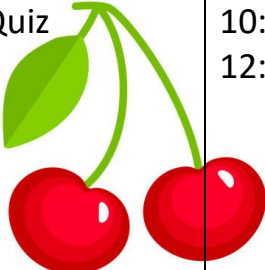



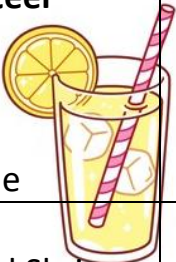



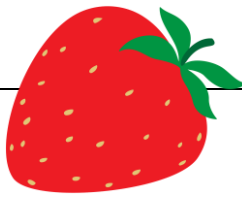




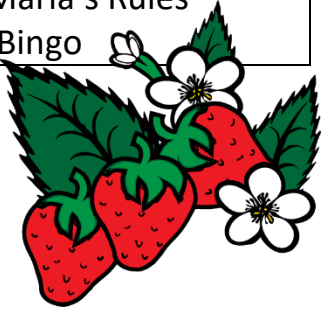
June 2025

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>2</p> <p>9:30 Exercise 9:30 Gardening with Amber 9:55 Shopping Trip to Landmark Plaza 10:00-11:30 Pool/Billiards 10:30 Learn to play a new Game 12:45 10 Cent Bingo</p> 	<p>3</p> <p>9:30 Exercise 10:00-11:30 Pool/Billiards 9:45 ESL with Nancy 10:00 ESL with Thea 10:50 SAIL at PHRC 11:00 Spelling Bee 12:45 Bread and Garden Raffle 1:00 Hoop Toss</p> 	<p>4</p> <p>9:30 Robust Senior Walkathon 9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 – 11:00 Beginner ESL with Denise 10:00 Hangman 11:00 Family Feud 11:00 Blood Pressure Checks with Magdalena 12:45 Target Toss</p> 	<p>5</p> <p>9:30 Robust Senior Walkathon – Rain Date 9:30 Exercise 9:45 Uno No Mercy 10:00-11:30 Pool/Billiards 10:45 – 11:45 ESL with Mary 10:50 SAIL at PHRC 11:00 Yahtzee 12:45 Bean Bag Slide</p> 	<p>6</p> <p>9:30 Exercise with Lessy 10:00-11:30 Pool/Billiards 9:45 Beginners Spanish with Maria Teresa 10:00 “Six Pillars of Brain Health” by AARP at Burke Library 10:00 – 10:45 Ukelele Lessons 11:00 Belmont Stakes Horse Racing Bets 12:45 Prize Bingo</p> <p>Senior Law Day is Saturday June 7</p>
<p>9</p> <p>9:30 Exercise 9:30 Gardening with Amber 9:55 Shopping Trip to Target 10:00-11:30 Pool/Billiards 10:30 Uno Attack 12:45 10 Cent Bingo</p> 	<p>10</p> <p>9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 ESL with Thea 10:50 SAIL at PHRC 12:45 Bread and Garden Raffle 1:00 True or False Trivia</p> 	<p>11</p> <p>9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 – 11:00 Beginner ESL with Denise 10:00 City Name Quiz 11:00 Jeopardy! 12:45 Bowling</p> 	<p>12</p> <p>9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 Phase 10 10:45 – 11:45 ESL with Mary 10:50 SAIL at PHRC 12:45 Bounce in Game</p>	<p>13 National Sewing Machine Day</p> <p>9:30 Exercise with Lessy 9:30 10:00-11:30 Pool/Billiards 9:45 Beginners Spanish with Maria Teresa 10:00 – 10:45 Ukelele Lessons 10:00 Intergenerational Activities with Mercer 10:00 Sewing Club 12:45 Prize Bingo</p>

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>16</p> <p>9:30 Exercise</p> <p>9:30 Gardening with Amber</p> <p>9:55 Shopping Trip to Walmart</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:30 Play Go Fish</p> <p>11:00 Dad Joke Trivia</p> <p>12:45 10 Cent Bingo</p> 	<p>17 National Root Beer Float</p> <p>9:30 Exercise</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:00 ESL with Thea</p> <p>10:00 Summer Anagrams</p> <p>10:50 SAIL at PHRC</p> <p>11:00 Root Beer Social</p> <p>11:00 Blood Pressure Checks with Magdalena</p> <p>12:45 Bread and Garden Raffle</p> <p>1:00 Guess the Song</p>	<p>18</p> <p>9:30 Exercise</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:00 – 11:00 Beginner ESL with Denise</p> <p>10:00 Intergenerational Activities with Volunteer Alexandria</p> <p>11:00 Birthday Party</p> <p>11:00 Infinite Craft</p> <p>12:45 Cake Walk Game</p> 	<p>19 Juneteenth</p>  	<p>20</p> <p>9:30 Exercise</p> <p>10:00-11:30 Pool/Billiards</p> <p>9:45 Beginners Spanish with Maria Teresa</p> <p>10:00 – 10:45 Ukelele Lessons</p> <p>10:00 Monopoly</p> <p>11:00 Food Trivia</p> <p>12:45 Prize Bingo</p> 
<p>23 National Hydration Day</p> <p>9:30 Exercise</p> <p>9:30 Gardening with Amber</p> <p>9:55 Shopping Trip to Lidl's</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:30 Sims Video Game+</p> <p>11:00 Ice Cream Questionnaire</p> <p>12:45 10 Cent Bingo</p> 	<p>24</p> <p>9:30 Exercise</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:00 Tapple</p> <p>10:00 ESL with Thea</p> <p>10:50 SAIL at PHRC</p> <p>11:00 Saints Trivia</p> <p>11:00 Blood Pressure Checks with Magdalena</p> <p>12:45 Bread and Garden Raffle</p> <p>1:00 Hoop Toss</p> 	<p>25</p> <p>St John Paul II National Shrine</p>  	<p>26</p> <p>9:30 Exercise</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:00 Journaling</p> <p>10:45 – 11:45 ESL with Mary</p> <p>10:50 SAIL at PHRC</p> <p>11:00 Uno Flip - New</p> <p>12:45 Guess the Country</p> 	<p>27</p> <p>9:30 Exercise with Lessy</p> <p>10:00-11:30 Pool/Billiards</p> <p>9:45 Beginners Spanish with Maria Teresa</p> <p>10:00 – 10:45 Ukelele Lessons</p> <p>10:30 Greetings from Episcopal Vicar for Charitable Works Rev. Msgr. Bob Cilinski</p> <p>10:00 Brain Battallion</p> <p>11:00 Uno Maria's Rules</p> <p>12:45 Prize Bingo</p> 

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Monday	Tuesday	Wednesday	Thursday	Friday
30 9:30 Exercise 9:30 Gardening with Amber 9:55 Shopping Trip to Landmark Plaza 10:00-11:30 Pool/Billiards 10:30 New Scattegories 12:45 10 Cent Bingo	** 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.			

