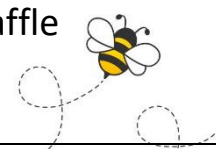
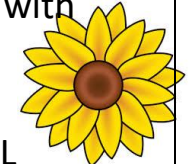


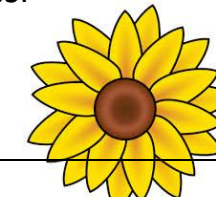















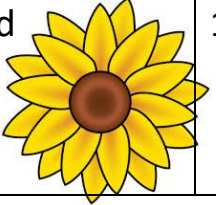




May 2022

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>9:00 Tour of PHRC 9:30 Zumba Gold w/ Patricia 10:00 Spaceman Game 11:00 Geogussr 12:15 10 Cent Bingo 12:45 Garden Raffle</p> 	<p>3</p> <p>9:00 Tour of PHRC 10:00 AFE Exercise with Monique 10:00 Monopoly 10:00 Beginners ESL 11:00 SAIL Exercise at PHRC 12:30 Bread and Garden Raffle</p> 	<p>4</p> <p>9:00 Tour of PHRC 9:30 Walking Club 10:00 Phase 10 10:30 Blood Pressure Checks 11:00 Are You Smarter than a 5th Grader Game</p>  	<p>5</p> <p>9:00 Tour of PHRC 9:30 Chair Exercise Class 10:00 Family Feud 11:00 SAIL Exercise at PHRC 11:00 Parcheesi</p> 	<p>6</p> <p>9:00 Intergenerational Activities 9:30 Trivia 10:15 Line Dancing with Nellie 11:00 Crafty Crew 12:15 Prize Bingo</p>
<p>9</p> <p>9:00 Trivia with Maria 9:30 Zumba Gold with Patricia 10:00 Shopping Trip 10:30 Learn to Play Clue 12:15 10 Cent Bingo</p>  	<p>10</p> <p>9:30 Gentle Exercise/Stretch 10:00 Beginners ESL 10:30 Uno 11:00 SAIL Exercise at PHRC 12:30 Bread Raffle</p> 	<p>11</p> <p>Center Closed for Field Trip National Museum of African American History and Culture</p>  	<p>12</p> <p>9:30 Gentle Exercise Class 10:00 Jeopardy 11:00 SAIL Exercise at Patrick Henry Rec 11:00 Learn to Play Rummy Tile 12:00 Senior Council</p>  	<p>13</p> <p>9:00 Walking 9:30 Trivia 10:15 Line Dancing with Nellie 10:30 Skipbo 12:15 Prize Bingo 7:00pm Sock Hop at Alexandria City High School (only by RSVP)</p> 
<p>16</p> <p>9:00 Trivia 9:30 Fit 4 Life 10:00 Shopping Trip 11:00 Group Sudoku 12:15 10 Cent Bingo</p>	<p>17</p> <p>10:00 Beginners ESL 10:00 Intergenerational Activities with Bishop O'Connell 11:00 SAIL Exercise at PHRC 12:30 Bread Raffle</p>	<p>18</p> <p>9:30 Walk/Fit Club 10:30 Blood Pressure Checks 10:30 \$100000 Pyramid Game 11:00 Learn a New Card Game!</p> 	<p>19</p> <p>9:30 I Spy Games 9:30 Health and Fitness Fair 10:30 Group Sudoku and Wordle 11:30 Brazil Presentation 11:00 SAIL Exercise at PHRC</p>	<p>20</p> <p>9:30 Trivia 9:30 Zumba Gold With Patricia 10:30 Crossword Puzzle 12:15 Prize Bingo</p> 

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>23</p> <p>9:30 Zumba Gold with Patricia</p> <p>9:30-11:30 Pool/Billiards</p> <p>10:00 Shopping Trip</p> <p>10:30 Who Said It?</p> <p>11:00 Gardening with Amber</p> <p>11:00 Food and Fun with Philippe</p> <p>12:45 10 Cent Bingo</p> 	<p>24</p> <p>9:30 Gentle Cardio Exercise</p> <p>9:30-11:30 Pool/Billiards</p> <p>10:00 Beginner ESL</p> <p>11:00 SAIL Exercise at PHRC</p> <p>11:00 ESL Class</p> <p>12:30 Bread Raffle</p> <p>12:45 Hoop Toss</p> 	<p>25</p> <p>9:30 Walking Club</p> <p>9:30-11:30 Pool/Billiards</p> <p>9:30 Walkathon</p> <p>10:30 Blood Pressure Checks</p> <p>11:00 Birthday Party</p> <p>11:00 Game Room</p> <p>12:45 Bean Bag Slide</p> 	<p>26</p> <p>9:30 Chair Exercise</p> <p>9:30-11:30 Pool/Billiards</p> <p>10:30 ALX Renew Water Processing in Alexandria</p> <p>11:00 SAIL Exercise at PHRC</p> <p>12:45 Shuffleboard</p> 	<p>27</p> <p>9:30 Trivia</p> <p>9:30-11:30 Pool/Billiards</p> <p>10:15 Line Dancing w/Nellie</p> <p>10:30 Scrabble Game</p> <p>11:00 Scategories Game</p> <p>12:45 Prize Bingo</p> 
<p>30</p> <p>Center Closed for Memorial Day</p> 	<p>31</p> <p>9:30 Fit 4 Life Exercise</p> <p>9:30-11:30 Pool/Billiards</p> <p>10:00 Beginner ESL</p> <p>11:00 SAIL Exercise at PHRC</p> <p>11:00 ESL Class</p> <p>12:30 Bread Raffle</p> <p>12:45 10 Cent Bingo</p> 	<p>The St. Martin de Porres Senior Center building is closed May 2 to May 20 for bathroom renovations. The Senior center is moving across the street to the Patrick Henry Rec Center (PHRC) for the renovation period to continue to provide a congregate meal program for the seniors. The SMdP Senior Center at Rec Center will be open from 9:00 – 1:00 only.</p> <p>We have 2 English Classes a week. 10:00 ESL with Thea is a beginner's class. 11:00 ESL with Nancy is an advanced class.</p> <p>Tuesday and Thursdays at 11:00 is Sail Exercise at the Patrick Henry Rec Center. Must be registered before attending the class.</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!! Senior Council is on May 12th. 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

