



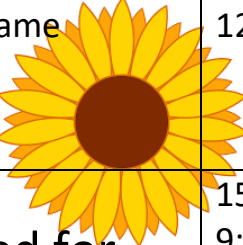












# September 2022

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>September is National Better Breakfast Month, Classical Music Month, National Pain Awareness Month, National Sewing Month, Save Your Photos Month, Self-Improvement Month, Senior Center Appreciation Month</p>				
<p>5 Center Closed for Labor Day</p>  	<p>6 10:00 Beginners ESL with Thea 10:00-11:30 Pool/Billiards 10:15 ZOOM-Ba 10:30 Memory Game 11:00 ESL with Nancy 12:30 Raffle! 12:45 10 Cent Bingo</p> 	<p>7 9:30 Fit 4 Life Exercise 10:00-11:30 Pool/Billiards 10:00 Trickiest Riddles 10:30 Wheel of Fortune Game <b>11:00 Jeopardy Game</b> 12:45 Corn Hole Game</p> 	<p>8 9:30 Chair Exercise 10:00-11:30 Pool/Billiards <b>10:00 Basic ESL with Dominic</b> 10:00 1960s Trivia Game <b>11:00 Sewing Club</b> 12:45 Skee-ball</p> 	<p>9 9:30 Trivia 9:30 Scrabble 10:00-11:30 Pool/Billiards 10:00 Skipbo Card Game 10:15 Line Dancing with Nellie 11:00 Cross Word Puzzle 12:45 Prize Bingo</p> 
<p>12 9:30 Zumba Gold with Patricia 10:00-11:30 Pool/Billiards 10:00 Shopping Trip 10:00 Garden Club 10:30 Spot the Difference 11:00 Food and Fun 12:45 10 Cent Bingo</p> 	<p>13 10:00 Beginners ESL with Thea 10:00-11:30 Pool/Billiards 10:15 ZOOM-Ba 11:00 SAIL Exercise at PHRC 11:00 Guess Who Game 11:00 ESL with Nancy <b>12:15 Senior Council</b> 1:00 Raffle!</p> 	<p>14 Center Closed for Field Trip</p>  	<p>15 9:30 Exercise 10:00-11:30 Pool/Billiards <b>10:00 Basic ESL with Dominic</b> 10:00 Geogussr 11:00 SAIL Exercise at PHRC 11:00 <b>Crafty Crew</b> 11:00 Chess Board Games 12:45 Tennis Putt</p> 	<p>16 9:30 Trivia 9:30 Scrabble 10:00-11:30 Pool/Billiards 10:00 Uno Card Game 10:15 Line Dancing with Nellie 11:00 Spanish Class 12:45 Prize Bingo</p> 

# September 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
<b>19</b> 9:30 Zumba Gold with Patricia 10:00-11:30 Pool/Billiards 10:00 Special Shopping Trip: Ollie's 10:00 Garden Club 11:00 What's wrong with the photo game 12:45 10 Cent Bingo	<b>20</b> 9:45 Senior Walkathon 10:00 Beginners ESL with Thea 10:00-11:30 Pool/Billiards 10:15 ZOOM-Ba 11:00 ESL with Nancy 11:00 SAIL Exercise at PHRC 11:00 Team Family Feud <b>12:45</b> Basket Toss	<b>21</b> 9:30 Fit 4 Life Exercise 10:00-11:30 Pool/Billiards 10:00 Blood Pressure Checks 10:00 Music Hangman Game <b>11:00 Rice Bowl Trivia – Art edition</b> 12:45 Target Toss	<b>22</b> 9:30 Exercise 10:00-11:30 Pool/Billiards <b>10:00 Basic ESL with Dominic</b> 11:00 SAIL Exercise at PHRC <b>11:00 Sewing Club</b> 11:00 Chess Board Games 12:45 Prize Bingo	<b>23</b> Center Closed for Field Trip  
<b>26</b> 9:30 Zumba Gold with Patricia 10:00-11:30 Pool/Billiards 10:00 Shopping Trip 10:00 Garden Club 11:00 SCcttagories 12:45 10 Cent Bingo	<b>27</b> 10:15 ZOOM-Ba 10:00-11:30 Pool/Billiards 10:00 Beginners ESL with Thea 11:00 ESL with Nancy 10:30 This or That Game 11:00 SAIL Exercise at PHRC 12:30 Garden Raffle! 12:45 Corner Hole	<b>28</b> 9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 Blood Pressure Checks <b>11:00 Birthday Party with DJ Robby G</b> 11:00 Game Room 12:30 Bread Raffle! 12:45 Guess the Country	<b>29</b> 9:30 Exercise 10:00-11:30 Pool/Billiards <b>10:00 Basic ESL with Dominic</b> 11:00 SAIL Exercise at PHRC <b>11:00 Crafty Crew</b> <b>11:30 Discover Burundi</b> 11:00 Chess Board Games 12:45 Who Wants to be a Millionaire	<b>30</b> 9:30 Trivia 9:30 Scrabble 10:00-11:30 Pool/Billiards 10:00 Uno Card Game 10:15 Line Dancing with Nellie 11:00 Spanish Class 12:45 Prize Bingo

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 August 13th. Please tell the SMdP staff your ideas, feedback and suggestions for new activities.

Shopping trips are on Mondays. Please sign up at the front desk Monday morning

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

