

September 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



September is National Pain Awareness Month, National Sewing Month, Self-Improvement Month, and Classical Music Month

1
9:30 Trivia
9:30 Exercise
10:00 Garden Club
10:00 Felting Craft
12:30 Veggie Raffle
12:45 Prize Bingo



4
Center Closed for Labor Day



Sorry We're
CLOSED

5
9:30 Exercise
10:00-11:30 Pool/Billiards
10:00 ESL with Thea
10:00 ESL with Nancy
11:00 Monopoly Games!
12:45 Bread Raffle
1:00 Special Bingo!



6
Center Closed
Trip to the Air and Space
Smithsonian Museum



Sorry We're
CLOSED

7
9:30 Exercise
10:00-11:30 Pool/Billiards
10:00 Rice Bowl Trivia
11:00 Sewing One-on-One
11:00 Group Puzzle
12:45 Rolling Game



8
9:30 Trivia
9:30 Exercise
10:00 Garden Club
10:00 Hand Golf at the Lee Center
10:30 Blood Pressure and Health Screening
11:30 Math Practice
12:30 Veggie Raffle
12:45 Prize Bingo



11
9:30 Exercise
10:00-11:30 Pool/Billiards
10:00 Shopping Trip: Walmart
10:30 Taboo Card Game
11:00 Food and Fun with Philippe
12:45 10 Cent Bingo



12
9:30 Exercise
10:00-11:30 Pool/Billiards
10:00 ESL with Thea
10:00 ESL with Nancy
11:00 Senior Video Games –Nancy Drew and Hardy Boys Mysteries
12:45 Bread Raffle
1:00 Senior Treasure Corner

National Video Games Day!

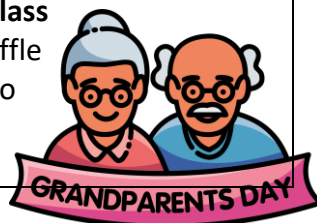
13
9:30 Exercise
10:00-11:30 Pool/Billiards
10:00 Learn A Card Game Go Fish
10:30 Blood Pressure and Health Screening
11:00 City Naming Game
12:45 Cup Drop



14
9:30 Exercise
10:00-11:30 Pool/Billiards
10:00 Virginia Presentation
10:30 Learn a Card Game
11:00 Sewing One-on-One
12:45 Wii Bowling


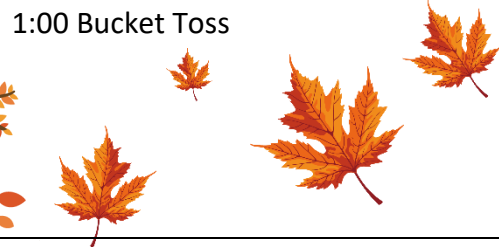


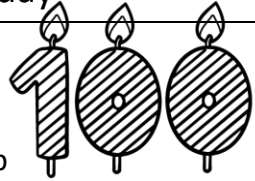









15
9:30 Grandparent Trivia
9:30 Exercise
10:00 Garden Club
10:00 Grandparents Writing Prompts
10:30 Crafty Crew
11:00 Spanish Class
12:30 Veggie Raffle
12:45 Prize Bingo



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Monday	Tuesday	Wednesday	Thursday	Friday
<p>18</p> <p>9:30 Exercise</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:00 Shopping Trip: Landmark Plaza</p> <p>10:30 Medicare Open Enrollment Presentation</p> <p>11:30 Play Parcheesi</p> <p>12:45 10 Cent Bingo</p> 	<p>19</p> <p>9:30 Exercise</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:00 ESL with Thea</p> <p>10:00 ESL with Nancy</p> <p>11:00 Phase 10 Card Game</p> <p>12:45 Bread Raffle</p> <p>1:00 Bucket Toss</p> 	<p>20 Open House</p> <p>9:30 Open House Starts</p> <p>9:45 Line Dancing Exercise</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:00 Hangman</p> <p>11:00 Grandparents Day Presentation</p> <p>12:00 -12:45 Lunch</p> <p>12:45 Rolling Game</p> <p>1:30 Dismissal</p> 	<p>21</p> <p>9:30 Exercise</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:15 Sewing One-on-One</p> <p>10:30 Work on Group Puzzle</p> <p>11:00 Birthday Party</p> <p>12:45 Skee-ball</p> 	<p>22</p> <p>9:30 Trivia</p> <p>9:30 Exercise</p> <p>10:00 Garden Club</p> <p>10:00 Hand Golf at the Lee Center</p> <p>10:30 Blood Pressure and Health Screening</p> <p>12:30 Veggie Raffle</p> <p>12:45 Prize Bingo</p> <p><i>National Centenarian's Day!</i></p>  
<p>25</p> <p>9:30 Exercise</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:00 Shopping Trip: Target</p> <p>10:30 Play Scattegories</p> <p>11:00 Felting Craft Pt. 2</p> <p>12:45 10 Cent Bingo</p> 	<p>26</p> <p>9:30 Exercise</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:00 ESL with Thea</p> <p>10:00 Jeopardy</p> <p>11:00 Aging Eyes: What to Know</p> <p>12:45 Bread Raffle</p> <p>1:00 Bean Bag Slide</p> 	<p>27</p> <p>Center Closed</p> <p>Trip to the Sherwood Library Farmers Market</p>  	<p>28</p> <p>9:30 Belly Dancing with Marietha</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:30 Play Scop!</p> <p>10:30 Blood Pressure and Health Screening</p> <p>11:00 Sewing One-on-One</p> <p>12:45 Target Toss</p> 	<p>29</p> <p>9:30 Trivia</p> <p>9:30 Exercise</p> <p>10:00 Garden Club</p> <p>11:00 Famous Monument Anagrams</p> <p>12:30 Veggie Raffle</p> <p>12:45 Prize Bingo</p> 
<p>*** Activities are subject to change depending on instructor availability***</p> <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!!</p> <p>Any voluntary donation is greatly appreciated to help ensure that the center is able to continue to provide multiple services and activities.</p> <p>There is no Pool/Billiards on Fridays until November, due to garden club</p>				