

**PARTICIPANTS:**

The Center is non-denominational and serves seniors aged 60 or older that live within the City of Alexandria.

**NEW PARTICIPANT REGISTRATION:**

A short registration process is used to assess a prospective participant's needs and to meet Administrative requirements. Please call 703-751-2766 to make an appointment or leave a message with a call back number.

**SENIOR OPPORTUNITIES:**

The Center promotes happiness and independence through health and wellness, social, educational, recreational, and cultural opportunities. Referrals are made to other services throughout the community. Nutritious lunches are served daily.

**CENTER LOCATION:**

The Center is located at **4650 Taney Avenue, Alexandria**, across the street from the Douglas MacArthur Elementary School. Take Seminary Road to North Jordan then turn right on Taney Avenue.

**TRANSPORTATION AND MEALS:**

The City of Alexandria provides door-to-door bus transportation and daily lunch. Registered participants can make bus or meal reservations by calling 540-773-9848, at least one day in advance before 11:00 am.

**HELPFUL INFORMATION SOURCES:**

- **City of Alexandria Division of Aging and Adult Services: 703-746-5999**
- Alexandria DOT Transportation: 703-746-4079
- Alexandria Meals-On-Wheels: 703-836-4414 x.110 Marshall Hesper
- Alexandria Senior Taxi: 703-746-5999 x1
- **Arlington County Agency on Aging: 703-228-1700**
- **Fairfax Area Agency on Aging: 703-324-7948**
- **Prince William Area Agency on Aging: 703-792-6374**
- Legal Services of Northern Virginia: 703-778-6800 Mon-Thurs 9:30-12:30, 1:30-3:30
- Catholic Charities Emergency Assistance: 703-548-4227, 703-548-4881
- **Catholic Charities Diocese of Arlington Senior Services: 703-751-2766 Anne Coyne**

**ST. MARTIN DE PORRES SENIOR CENTER STAFF:**

Anne Coyne, St. Martin de Porres Senior Center Program Director  
Luis Angel, Senior Center Assistant Director  
Maria Mellor, Activities and Food Service Assistant, Volunteer Coordinator



# ST. MARTIN DE PORRES SENIOR CENTER

*ALL SENIORS WELCOME!*

**Welcome Back!!**

This senior center is a partnership funded by the City of Alexandria Department of Community and Human Services Division of Aging and Adult Services.



# September 2022

4650 Taney Ave. Alexandria, 22304

Phone: 703-751-2766

[www.cdda.net](http://www.cdda.net)

**CENTER OPEN:** MONDAY – FRIDAY  
8:30 A.M. – 1:30 P.M.

**OFFICE HOURS:** 8:00 A.M. – 4:00 P.M.

# Happy Birthday!

September Birthdays!

01 – Maria Garcia

07 – Denise Sheppard

09 – Tenaye Wondie

16 – Kifle Lemma

19 – Teodomiro Perez

30 – Thu-Hue Tran



Our Birthday Party will be on Wednesday, September 28<sup>th</sup> with DJ Robby G!

## \*\*Reminder\*\*

Center Closed:

9/5 Labor Day

9/14 Field Trip

9/23 Field Trip



-Bus reservations must be made at least one day in advance by 11 am.



-Lunch reservations must be made at least one day in advance by 11am.

We now have 3 ESL classes during the week!

Tuesdays at 10:00 Beginner ESL

Tuesdays at 11:00 Intermediate ESL

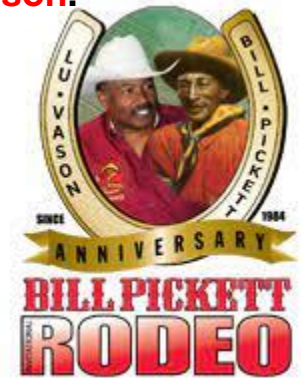
Thursdays at 10:00 Very Basic Beginners ESL (For those who are new to ESL)



# FIELD TRIPS

## Wednesday, September 14: The National Deaf Life Museum at Gallaudet University

The National Deaf Life Museum is a museum focusing on the culture and history of deaf and hard of hearing people in the United States. The museum creates exhibits, displays artifacts and artwork, and shares experiences and stories about the lives of deaf people in the United States. **Seating on the bus is limited to 12 seats, open on a first come first serve basis. Bus pick up begins at 8:30 and we will be leaving the center at 9:30. Last day to sign up is September 13 at 11:00. Please sign up with Maria in person.**



## Friday September 23: Field trip to Upper Marlboro Maryland for the Bill Pickett Rodeo

The Bill Pickett Rodeo is a traveling American rodeo, which celebrates the Black Cowboys and Black Cowgirls in the sport of rodeo. Through education and entertainment, the BPIR has continued to promote and highlight the role of black rodeo cowboys in American history. **Bus pick up begins at 8:30 and we will be leaving the center at 9:30. The sign up for this trip is closed.**