



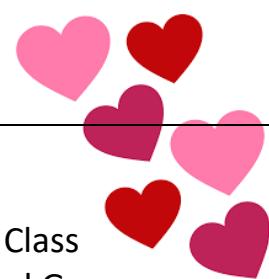






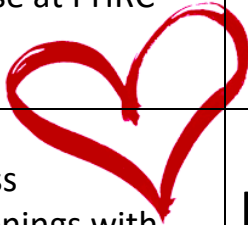




February 2023

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
<p>February is Black History Month, American Heart Month, and National Cancer Prevention Month</p> 		<p>1 Center Closed for Field Trip Concert and Lunch at St. John's Church</p> 	<p>2 9:30 Exercise Class 10:00 Crafty Crew 10:00-11:30 Pool/Billiards 11:00 SAIL Exercise at PHRC 11:00 ESL with Dominic 12:45 Team Skee-ball</p> 	<p>3 9:30 Trivia 9:30 Exercise Class 10:00 Go Fish Card Game 10:00-11:30 Pool/Billiards 11:00 Making Spanish Binders 12:45 Prize Bingo</p>
<p>6 9:30 Zumba God with Patricia 10:00 Shopping Trip 10:00-11:30 Pool/Billiards 10:30 Wheel of Fortune 12:45 10 Cent Bingo</p> 	<p>7 9:30 Exercise Class 9:30 Health Screenings with CUA Nurse 10:00 ESL with Thea 10:00-11:30 Pool/Billiards 11:00 ESL with Dominic 11:00 SAIL Exercise at PHRC 12:45 Senior Treasure Corner 12:45 Basket Toss</p>	<p>8 9:30 Exercise Class 10:00 Spot the Difference 10:00-11:30 Pool/Billiards 11:00 Food and Fun with Philippe 12:45 Who Wants to be a Millionaire</p> 	<p>9 9:30 Exercise Class 10:00 Sewing Club 10:00-11:30 Pool/Billiards 11:00 ESL with Dominic 11:00 SAIL Exercise at PHRC 12:45 Bounce In Game</p>	<p>10 9:30 Trivia 9:30 Exercise Class 10:00 Rice Bowl Trivia 10:00-11:30 Pool/Billiards 11:00 Spanish Class 12:45 Prize Bingo</p> 
<p>13 9:30 Exercise Class 10:00 Shopping Trip 10:00-11:30 Pool/Billiards 11:00 Watercolor Painting with Paula 12:45 10 Cent Bingo</p> 	<p>14 Happy St. Valentine's Day 9:30 Exercise Class 9:30 Valentine's Day Party at the Lee Center 9:30 Health Screenings with CUA Nurse 10:00 ESL with Thea 10:00-11:30 Pool/Billiards 12:45 Cup Toss</p> 	<p>15 9:30 Exercise Class 10:00-11:30 Pool/Billiards 11:00 Birthday Party 11:00 Musical Bingo 12:45 Group Trivia</p> 	<p>16 9:30 Exercise Class 10:00 Crafty Crew 10:00-11:30 Pool/Billiards 11:00 ESL with Dominic 11:00 SAIL Exercise at PHRC 11:30 Rent Relief Presentation by DCHS 12:45 Cup Drop</p>	<p>17 9:30 Trivia 9:30 Exercise Class 10:00 Uno Card Game 10:00-11:30 Pool/Billiards 11:00 Spanish Class 12:45 Prize Bingo</p> 

February 2023 CONTINUED

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>20 Center Closed for President's Day</p>  	<p>21 9:30 Exercise Class 9:30 Health Screenings with CUA Nurse 10:00 ESL with Thea 10:00-11:30 Pool/Billiards 11:00 SAIL Exercise at PHRC 12:45 Tennis Putt</p> 	<p>22 Center Closed for Field Trip Botanical Garden</p>  	<p>23 9:30 Exercise Class 10:00 Sewing Club 10:00-11:30 Pool/Billiards 11:00 ESL with Dominic 11:00 SAIL Exercise at PHRC 12:45 Cup Pong</p> 	<p>24 9:30 Trivia 9:30 Exercise Class 10:00 Black Jack Card Game 10:00-11:30 Pool/Billiards 11:00 Spanish Class 12:45 Prize Bingo</p>
<p>27 9:30 Zumba Gold with Patricia 10:00 Shopping Trip 10:00-11:30 Pool/Billiards 10:30 Memory Game 12:45 10 Cent Bingo</p> 	<p>28 9:30 Exercise Class 9:30 Health Screenings with CUA Nurse 10:00 ESL with Thea 10:00-11:30 Pool/Billiards 11:00 SAIL Exercise at PHRC 12:45 Guess the Country</p>	<p>Happy Valentine's Day to all our seniors! You are all so special to us. We love you all and wish you all the happiness and love that you deserve!</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!! Every Tuesday we will be having 2 English as a Second Language (ESL) classes. 10:00 Is a beginners ESL class with new Instructor Thea. 11:00 is an advanced ESL class with Nancy. On Thursdays, we have a beginners ESL class with Dominic at 11:00.