











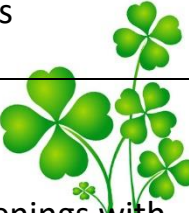


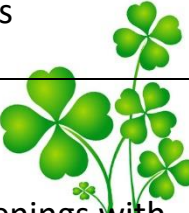




March 2023

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>March is National Craft Month! Join in one of the fun craft activities we have throughout the month to celebrate!</p>		<p>1 9:30 Exercise 10:00 Movie and Discussion: Hitchhiker's Guide to the Galaxy 10:00 Knitting Hats 12:45 Name That Tune Game</p>	<p>2 9:30 Exercise 10:00 Crafty Crew 11:00 Beginner ESL with Dominic 11:00 SAIL Exercise at PHRC 12:45 Team Skeeball</p>	<p>3 9:30 Exercise 9:30 Trivia 10:00 Knitting Hats and Sewing Club Prep 12:20 Eagle Scout Project Presentation 12:45 Prize Bingo</p>
<p>6 9:30 Zumba Gold with Patricia 10:00 Shopping Trip 10:30 Hangman 10:00 Shopping Trip 12:45 10 Cent Bingo</p> 	<p>7 9:30 Exercise 9:30 -1:30 Intergenerational Activities with Bishop O'Connell Students 11:00 SAIL Exercise at PHRC 12:45 Bowling</p>	<p>8 Center Closed African American Civil War Museum</p>  	<p>9 9:30 Exercise 11:00 SAIL Exercise at PHRC 11:00 Sewing Club 12:45 Bean Bag Toss</p> 	<p>10 9:30 Exercise 9:30 Trivia 10:00 VTech Co-op Extension Nutrition Presentation 11:00 Spanish Class 12:45 Prize Bingo</p> 
<p>13 9:30 Zumba Gold with Patricia 10:00 Bowling at the Lee Center 10:00 Sudoku 12:45 10 Cent Bingo</p> 	<p>14 9:30 Exercise 9:30 Health Screenings with CUA Nurse 10:00 ESL with Nancy 11:00 SAIL Exercise at PHRC 12:45 Tennis Putt</p> 	<p>15 9:30 Exercise Class 10:00 Spot the Difference 10:00-11:30 Pool/Billiards 12:45 Who Wants to be a Millionaire</p> 	<p>16 9:30 Exercise 10:00 Crafty Crew 10:00 Shopping Trip 11:00 SAIL Exercise at PHRC 11:00 Beginner ESL with Dominic 12:45 Rolling Game!</p>	<p>17 Happy St. Patrick's Day! Wear something green 9:30 Exercise 9:30 St. Patrick's Day Trivia 9:30 – 11:30 Pool/Billiards 10:30 4-Leaf Clover Hunt 11:Spanish Class 12:45 Prize Bingo</p> 

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>20</p> <p>9:30 Zumba Gold with Patricia</p> <p>10:00 Bowling at the Lee Center</p> <p>11:00 Anagrams</p> <p>12:45 10 Cent Bingo</p> 	<p>21</p> <p>9:30 Exercise</p> <p>9:30 Health Screenings with CUA Nurse</p> <p>10:00 ESL with Nancy</p> <p>11:00 SAIL Exercise at PHRC</p> <p>12:45 Basket Toss</p> 	<p>22</p> <p>9:30 Exercise</p> <p>10:00 Farmers Market Presentation</p> <p>11:00 Birthday Party with DJ Robby G</p> <p>11:00 Game Room</p> <p>12:45 Team Skee-ball</p> 	<p>23</p> <p>9:30 Exercise</p> <p>10:00 Shopping Trip</p> <p>11:00 Sewing Club</p> <p>11:00 SAIL Exercise at PHRC</p> <p>11:00 Beginner ESL with Dominic</p> <p>12:45 4 Pin Knock Down</p>	<p>24</p> <p>9:30 Exercise</p> <p>9:30 Trivia</p> <p>10:00 Bilingual Falls Prevention Presentation</p> <p>11:00 Go Fish Card Games</p> <p>12:45 Prize Bingo</p> 
<p>27</p> <p>9:30 Zumba Gold with Patricia</p> <p>10:00 Shopping Trip</p> <p>11:00 Food and Fun with Chef Philippe</p> <p>11:00 50/50 Game</p> <p>12:45 10 Cent Bingo</p>	<p>28</p> <p>9:30 Exercise</p> <p>9:30 Health Screenings with CUA Nurse</p> <p>10:00 ESL with Nancy</p> <p>11:00 SAIL Exercise at PHRC</p> <p>12:45 Shuffleboard</p> 	<p>29</p> <p>Center Closed</p> <p>National Arboretum</p>  	<p>30</p> <p>9:30 Exercise</p> <p>10:00 Crafty Crew</p> <p>11:00 SAIL Exercise at PHRC</p> <p>11:00 Beginner ESL with Dominic</p> <p>12:45 Group Trivia</p> 	<p>31</p> <p>9:30 Exercise</p> <p>9:30 Trivia</p> <p>11:00 Spanish Class</p> <p>12:45 Prize Bingo</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!! Shopping trips have been moved to Thursdays twice a month