

March 2024

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

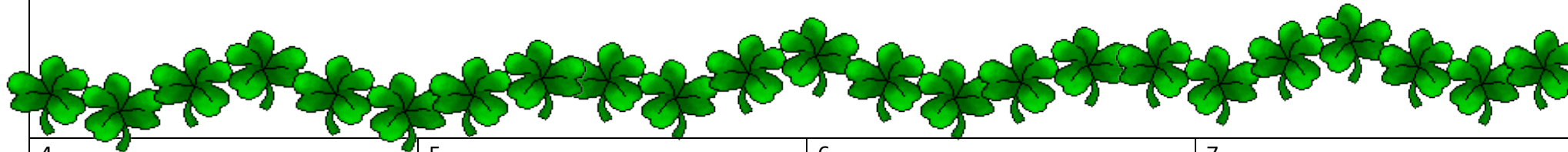
Wednesday

Thursday

Friday

March is National Nutrition Month, National Craft Month, and National Reading Month. National Consumer Protection Week is March 3-9.

Daylight Savings Day is March 10th! We are springing forward and losing an hour of sleep, make sure you set your clocks ahead on Saturday night before you go to sleep!



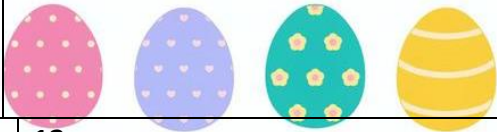
1
9:30 Trivia!
9:30 Exercise
10:00-11:30 Pool/Billiards
10-12 Health Screenings with Nurse Cathy
10:00 – 12:00 Silver Artisans at Patrick Henry Rec Center
10:00 – 10:45 Ukelele Lessons
12:30 Birthday Party!
12:45 Prize Bingo



4
9:30 Exercise
10:00-11:30 Pool/Billiards
10:00 Shopping Trip Walmart
10:30 Connections Game
11:00 Senior Reading of the Day
12:45 10 Cent Bingo



5
9:30 Exercise
10:00-11:30 Pool/Billiards
9:45 ESL with Nancy
10:00 ESL with Thea
11:00 SAIL Exercise at Patrick Henry
12:45 Bread Raffle
12:45 Putt Putt Golf



6
Center Closed
African American Museum of History and Culture



7
9:30 Exercise
10:00-11:30 Pool/Billiards
10:30 50/50 Game
11:00 SAIL Exercise at Patrick Henry
11:00 Senior Gaming Day!
12:45 Target Toss



8
9:30 Guess the 2024 Oscar Winners
9:30 Exercise
10:00-11:30 Pool/Billiards
10:00 – 12:00 Silver Artisans at Patrick Henry Rec Center
10:00 – 10:45 Ukelele Lessons
11:00 Spanish Class!
12:45 Prize Bingo



11
9:30 Exercise
10:00-11:30 Pool/Billiards
10:00 Shopping Trip Landmark Plaza
10:30 America Says
11:00 Senior Reading of the Day
12:45 10 Cent Bingo



12
9:30 Exercise
10:00-11:30 Pool/Billiards
9:45 ESL with Nancy
10:00 ESL with Thea
11:00 SAIL Exercise at Patrick Henry
11:00 Spelling Bee
12:45 Bread Raffle
12:45 Horseshoe Toss



13
9:00 -2:30 Dental Cleaning – Must make an appointment
9:30 Chair Exercise with Saadia
10:00-11:30 Pool/Billiards
10:30 Nutrition Presentation by DAAS Nutritionist
12:45 Hot Potato




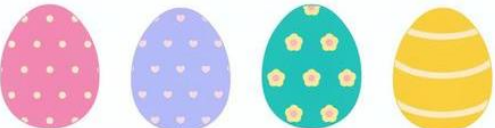










14
9:30 Exercise
10:00-11:30 Pool/Billiards
10:00 Pi Trivia
10:00 Apple to Apples Card Game
11:00 Sewing Aprons
12:45 Cup Pong Toss



15
9:30 Trivia!
9:30 Exercise
10:00-11:30 Pool/Billiards
10-12 Health Screenings with Nurse Cathy
10:00 – 12:00 Silver Artisans at Patrick Henry Rec Center
10:00 – 10:45 Ukelele Lessons
11:00 March Madness Brackets
12:45 Prize Bingo

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>18</p> <p>9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 Shopping Trip Target 10:30 Family Feud 11:00 Senior Reading of the Day 12:45 10 Cent Bingo</p> 	<p>19</p> <p>9:30 Exercise 10:00-11:30 Pool/Billiards 9:45 ESL with Nancy 10:00 ESL with Thea 11:00 SAIL Exercise at Patrick Henry 12:45 Bread Raffle 12:45 True or False Game</p> 	<p>20 International Day of Happiness</p> <p>9:30 Chair Exercise with Saadia 10:00-11:30 Pool/Billiards 10:00 Guess the Person Game 11:00 March Madness Brackets 11:00 New- Phase 10 12:45 Hoop Toss</p> 	<p>21</p> <p>9:30 Belly Dancing with Marietha 10:00-11:30 Pool/Billiards 10:00 Sewing Aprons 10:30 Sorry and Trouble Board Games 11:00 SAIL Exercise at Patrick Henry 12:45 Pool Noodle Toss</p> 	<p>22</p> <p>9:30 Intergenerational Activities with Oakcrest School 9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 Programs of Senior Services of Alexandria Presentation 11:00 Senior Vs. Student's Trivia 12:45 Prize Bingo</p> 
<p>25</p> <p>9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 Shopping Trip Lidl's 10:30 Wheel of Fortune 11:00 New Scattegories 11:00 Senior Reading of the Day – Tolkien Reading Day 12:45 10 Cent Bingo</p> 	<p>26</p> <p>9:30 Exercise 10:00-11:30 Pool/Billiards 9:45 ESL with Nancy 10:00 Easter Egg Hunt Begins 10:00 ESL with Thea 12:45 Bread Raffle 12:45 Rat Races</p> 	<p>27</p> <p>9:30 Chair Exercise with Saadia 9:30 Open House! 10:00-11:30 Pool/Billiards 10:00 Brain Battalion 10:30 Table Games 11:00 Butter Making Class 12:45 Special Bingo!</p> 	<p>28</p> <p>Center Closed Field Trip to the see Cherry Blossoms with Lunch at Glory Days Grill</p>  	<p>29</p> <p>Center Closed for Good Friday</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!!

Any voluntary donation is greatly appreciated to help ensure that the center is able to continue to provide multiple services and activities.

IMPORTANT!! If there is any snow forecasted, please check on wtop.com/closings-and-delays/ or ccda.net/seniorservices/ for any closures.