


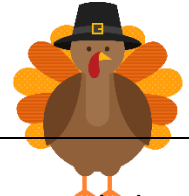





















November 2024

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
<p>November is National Peanut Butter Lovers Month, National Long-Term Care Awareness Month, National Family Caregivers Month, National Alzheimer’s Disease Month, and National Gratitude Month</p> 				<p>1 9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 Ukulele Class 10:15 Movie – Coco 11:30 Day of the Dead Celebration 12:45 Prize Bingo</p> 
<p>4 9:30 Exercise 10:00-11:30 Pool/Billiards 9:00 Intergenerational Activities with Bishop O’Connell 10:00 Shopping Trip – Walmart 10:30 Amharic ESL with Afework 11:00 Price is Right – Thanksgiving Edition 12:45 10 Cent Bingo</p> 	<p>5 9:30 Exercise 9:45 ESL with Nancy 10:00-11:30 Pool/Billiards 10:00 Yahtzee 11:00 Phase 10 Tournament Begins 12:45 Senior Treasure Corner</p> 	<p>6 Center Closed for Cox Farms</p>  	<p>7 9:30 Exercise 10:00-11:30 Pool/Billiards 9:00 Intergenerational Activities with John Paul the Great 10:30 Crafty Crew 10:30 Sewing Sessions 12:45 Living Slots Game! - New!</p> 	<p>8 9:30 Exercise 10:00-11:30 Pool/Billiards 9:00 Intergenerational Activities with John Paul the Great 10:00 Ukulele Class 11:00 Rice Bowl Trivia 12:45 Prize Bingo</p> 
<p>11 Center Closed for Veteran’s Day</p>  	<p>12 9:00am – 2:45pm Dental Clinic 9:30 Exercise 9:45 ESL with Nancy 10:00-11:30 Pool/Billiards 10:00 ESL with Thea 10:00 Scavenger Hunt 12:45 Special Bingo</p> 	<p>13 9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 Monopoly 10:30 Knitting and Crochet Group 11:00 Thanksgiving Jeopardy 12:45 Police Presentation by Alexandria Police Department</p>	<p>14 9:30 Exercise 10:00-11:30 Pool/Billiards 10:30 Crafty Crew 10:30 Sewing Sessions 11:00 Family Feud 12:45 Cup Drop</p> 	<p>15 9:30 Exercise 10:00-11:30 Pool/Billiards 9:00 Intergenerational Activities with John Paul the Great 10:00 Ukulele Class 11:00 America Says 12:45 Prize Bingo</p> 

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>18</p> <p>9:00 Intergenerational Activities with Bishop Ireton</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 Amharic ESL with Afework</p> <p>11:00 Brain Battalion and Sudoku</p> <p>12:45 10 Cent Bingo</p>	<p>19</p> <p>9:00 Intergenerational Activities with Bishop Ireton</p> <p>9:30 Exercise</p> <p>10:00-11:30 Pool/Billiards</p> <p>9:45 ESL with Nancy</p> <p>10:00 ESL with Thea</p> <p>12:45 Senior Treasure Corner</p> 	<p>20</p> <p>9:30 Exercise</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:00 Go Fish Card Game</p> <p>10:30 Infinite Craft</p> <p>11:00 New Life Church Word Mine/Bingo</p> <p>12:45 Raffles!</p> 	<p>21</p> <p>9:30 Exercise</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:00 Healthy Hearts Presentation at the Lee Center</p> <p>10:30 Crafty Crew</p> <p>10:30 Sewing Sessions</p> <p>11:00 Crossword</p> <p>12:45 Cup Roll – New!</p> 	<p>22</p> <p>9:30 Exercise</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:00 Ukulele Class</p> <p>10:30 Fall Trivia</p> <p>11:00 Guess the Movie Game</p> <p>12:45 Prize Bingo</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 Scattegories</p> <p>10:30 Amharic ESL with Afework</p> <p>11:00 Thanksgiving Trivia</p> <p>12:45 10 Cent Bingo</p> 	<p>26</p> <p>9:30 Exercise</p> <p>9:45 ESL with Nancy</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:00 ESL with Thea</p> <p>11:00 Birthday Party with DJ Robby G</p> <p>11:00 Pictionary</p> <p>12:45 Shuffleboard</p> 	<p>27</p> <p>9:30 Exercise</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:00 Group Puzzle</p> <p>10:30 Thanksgiving Day National Dog Show</p> <p>11:00 Left Right Center Game</p> <p>12:45 Corn Hole</p> 	<p>28</p> <p>Closed for Thanksgiving</p>  <p>HAPPY Thanksgiving</p> 	<p>29</p> <p>Closed for Thanksgiving</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.