


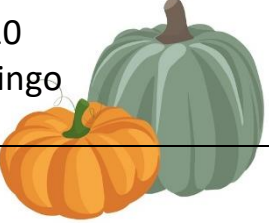


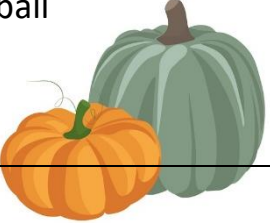




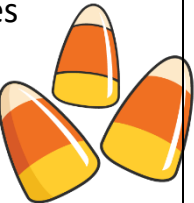






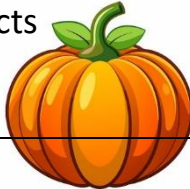






October 2024

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>1</p> <p>9:30 Exercise 9:45 ESL with Nancy 10:00-11:30 Pool/Billiards 10:00 ESL with Thea 10:50 SAIL Exercise at PHRC 11:00 Jeopardy 12:45 Bread and Veggie Raffle</p>	<p>2</p> <p>Center Closed for Field Trip to Mt. Vernon Farmers Market</p> <div style="text-align: center;">  </div>	<p>3</p> <p>9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 Go Fish Games 10:50 SAIL Exercise at PHRC 11:00 Sewing Projects 12:45 Basket Toss</p> <div style="text-align: right;">  </div>	<p>4</p> <p>9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 Construction Bets 10:30 VICAP Presentation 10:00 Ukulele Class 11:00Phase 10 12:45 Prize Bingo</p> <div style="text-align: right;">  </div>
<p>7</p> <p>9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 Shopping Trip – Walmart 10:15 Group Puzzle 11:00 Tapple Game 12:45 10 Cent Bingo</p> <div style="text-align: center;">  </div>	<p>8</p> <p>9:30 Exercise 9:45 ESL with Nancy 10:00 Jubilee Art Installation and Ceremony 10:00-11:30 Pool/Billiards 10:50 SAIL Exercise at PHRC 11:00 ESL with Thea 11:00 Family Feud 12:45 Bread and Veggie Raffle</p>	<p>9</p> <p>9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 Flower Language Trivia 10:30 Scopas Card Game 11:00 Team Scattegories 12:45 Bean Bag Toss</p> <div style="text-align: center;">  </div>	<p>10</p> <p>9:30 Exercise 10:00-11:30 Pool/Billiards 10:30 America Says 10:30 Crafty Crew 10:50 SAIL Exercise at PHRC 11:00 Sewing Projects 12:45 Skee-ball</p> <div style="text-align: right;">  </div>	<p>11</p> <p>9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 Ukulele Class 10:00 Left Right Center Game 11:00 Spelling Bee 12:45 Prize Bingo</p> <div style="text-align: right;">  </div>
<p>14</p> <p>Center Closed Columbus Day / Indigenous People's Day</p> <div style="display: flex; justify-content: space-around; align-items: center;">   </div>	<p>15 <i>National I Love Lucy Day</i></p> <p>9:30 Exercise 9:45 ESL with Nancy 10:00-11:30 Pool/Billiards 10:00 I Love Lucy Watch Party 10:00 ESL with Thea 10:50 SAIL Exercise at PHRC 12:45 Senior Treasure Corner</p>	<p>16</p> <p>9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 Senior Family Feud Answers 11:00 Infinite Craft 11:00 New Life Crafts 12:45 Bread and Veggie Raffle</p>	<p>17</p> <p>9:30 Exercise 10:00-11:30 Pool/Billiards 10:30 Hangman 10:50 SAIL Exercise at PHRC 11:00 Sewing Projects 12:45 Shuffleboard</p> <div style="text-align: right;">  </div>	<p>18</p> <p>9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 Ukulele Class 10:00 Thankful Leaves 11:00 Wii Bowling 12:45 Prize Bingo</p> <div style="text-align: right;">  </div>

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>21</p> <p>9:30 Exercise</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:00 Shopping Trip - Landmark Plaza</p> <p>10:15 Wheel of Fortune</p> <p>11:00 Brain Battalion</p> <p>12:45 10 Cent Bingo</p> 	<p>22</p> <p>9:30 Exercise</p> <p>9:45 ESL with Nancy</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:50 SAIL Exercise at PHRC</p> <p>11:00 Trivial Pursuit</p> <p>12:30 Bread and Veggie Raffle</p> 	<p>23</p> <p>Center Closed</p> <p>CCDA All Staff Day</p>  	<p>24</p> <p>10:00 Belly Dancing with Marietha</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:30 Hangman</p> <p>10:50 SAIL Exercise at PHRC</p> <p>11:00 Sewing Projects</p> <p>12:45 Target Toss</p> 	<p>25</p> <p>9:30 Exercise</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:00 Ukulele Class</p> <p>10:00 Spot the Difference</p> <p>11:00 Dice Throne – New Game</p> <p>12:45 Prize Bingo</p>
<p>28</p> <p>9:30 Exercise</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:00 Shopping Trip - Target</p> <p>10:30 Moose Dice Game – New Game!</p> <p>10:30 Day of the Dead Altar Set Up</p> <p>11:00 Phobia Trivia</p> <p>12:45 10 Cent Bingo</p> 	<p>29</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>10:50 SAIL Exercise at PHRC</p> <p>12:30 Bread and Veggie Raffle</p> 	<p>30 National Candy Corn Day</p> <p>9:30 Exercise</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:30 Halloween Hangman</p> <p>11:00 Birthday Party with DJ Robby G</p> <p>11:00 Game Room</p> <p>12: 45 Trick or Treat Trivia</p> 	<p>31</p> <p>Center Closed for Field Trip Masquerade Party</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.