



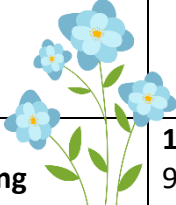

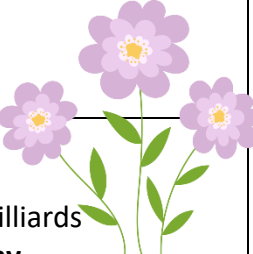

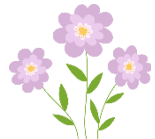



# May 2024

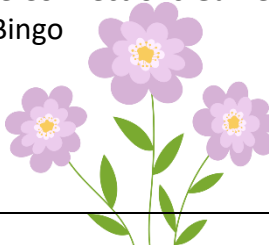










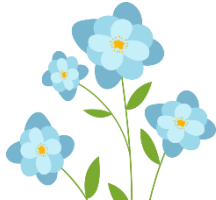

*This senior center is a partnership funded by the City of Alexandria Department of Community and Human Services Division of Aging and Adult Services.*

Monday	Tuesday	Wednesday	Thursday	Friday
<p>National Dental Care Month, Older American Month, Correct Your Posture Month, National Strawberry Month, National Salsa Month, National Salad Month, National Photography Month, and National Inventors Month</p>		<p>1 Center Closed Field Trip Bowie Baysox Baseball Game</p> 	<p>2 9:30 Exercise 10:00-11:30 Pool/Billiards <b>10:00 Infinite Craft</b> 10:00 Group Puzzle <b>11:00 Weaving Presentation</b> 11:00 SAIL Exercise at Patrick Henry Rec Center 12:45 Bounce in Game</p> 	<p>3 <b>Wear your fancy hats and ties</b> 9:30 Exercise 10:00-11:30 Pool/Billiards <b>10:00 Movie Day: Seabiscuit</b> 10:00 – 10:45 Ukelele Lessons 11:00 Horse Betting Kentucky Derby 12:30 Mother's Day Ukulele Presentation 12:45 Prize Bingo</p>
<p>6 9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 Shopping Trip to Walmart <b>10:30 Star Wars Day Trivia!</b> 11:00 Crossword Puzzles 12:45 10 Cent Bingo</p> 	<p>7 9:30 Exercise 10:00-11:30 Pool/Billiards 9:45 ESL with Nancy <b>10:00 Senior Walkathon</b> 10:00 ESL with Thea 11:00 Spot the Difference 12:30 Bread Raffle 12:45 Senior Treasure Corner</p> 	<p>8 9:30 Chair Exercise with Saadia 10:00-11:30 Pool/Billiards <b>10:00 Senior Walkathon – Rain Date</b> <b>11:00 Senior Scam Presentation with the FCC</b> 12:00 Virginia Tech Presentation: Smart Grocery Shopping 12:45 True or False Trivia</p> 	<p>9 9:30 Exercise 10:00-11:30 Pool/Billiards <b>10:30 Crafty Crew</b> 11:00 SAIL Exercise at Patrick Henry Rec Center <b>11:00 Sewing Aprons</b> 12:45 Target Toss</p> 	<p>10 9:30 Exercise 10:00-11:30 Pool/Billiards <b>10:00 Activities and Games with Mercer Group</b> <b>10:00 Mother's Day Writing Prompt</b> 10:00 – 10:45 Ukelele Lessons 11:00 Card and Board Games 12:45 Prize Bingo</p> 
<p>13 9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 Shopping Trip to Landmark Plaza 10:30 Guess The Animal <b>11:00 Family Feud</b> 12:45 10 Cent Bingo</p> 	<p>14 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 Rec Center 11:00 <b>Escape Room Game</b> <b>12:30 Bread Raffle</b> <b>12:45 1960's Trivia</b></p>	<p>15 <b>9:00 – 3:00 Dental Cleaning</b> 9:30 Chair Exercise with Saadia 10:00-11:30 Pool/Billiards 10:00 Task Masters <b>11:00 Mother's Day and Memorial Day</b> <b>11:00 City Guess Game</b> 12:45 Rolling Game</p>	<p>16 9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 Apple to Apples Card Game 11:00 Crafty Crew 11:00 SAIL Exercise at Patrick Henry Rec Center 12:45 Cup Pong Toss</p> 	<p>17 9:30 Exercise 10:00-11:30 Pool/Billiards <b>10:00 Hemming Day</b> 10:00 – 10:45 Ukelele Lessons 11:00 Senior Video Game 12:45 Prize Bingo</p> 



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Monday	Tuesday	Wednesday	Thursday	Friday
<p>20</p> <p>9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 Shopping Trip to Target 10:30 Wheel of Fortune <b>10:30 Guess the Connections Game</b> 12:45 10 Cent Bingo</p> 	<p>21</p> <p>9:30 Exercise 10:00-11:30 Pool/Billiards 9:45 ESL with Nancy 10:00 ESL with Thea 10:30 <b>America Says with the Lee Center</b> 11:00 SAIL Exercise at Patrick Henry Rec Center 12:30 Bread Raffle 12:45 Senior Treasure Corner</p> 	<p>22</p> <p>9:30 Chair Exercise with Saadia <b>10:00 Inventors Trivia</b> <b>11:00 Birthday Party with DJ Robby G</b> 11:00 Game Room 12:45 Rat Races</p> 	<p>23</p> <p style="text-align: center;"><b>Center Closed for Senior Health Fair at the Lee Center</b></p> <p style="text-align: center;">Health Fair</p>  	<p>24</p> <p>9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 – 10:45 Ukelele Lessons <b>10:30 Finish Watching a Comedy of Errors Play</b> <b>11:00 Scattegories</b> 12:45 Prize Bingo</p> 
<p>27</p> <p style="text-align: center;"><b>Center Closed for Memorial Day</b></p>  	<p>28</p> <p>9:30 Exercise 10:00-11:30 Pool/Billiards 9:45 ESL with Nancy 10:00 ESL with Thea 10:30 <b>America Says with the Lee Center</b> 11:00 SAIL Exercise at Patrick Henry Rec Center 12:30 Bread Raffle 12:45 10 Cent Bingo</p> 	<p>29</p> <p style="text-align: center;"><b>Center Closed</b> <b>Field Trip to the National Arboretum or Botanical Garden</b></p>  	<p>30</p> <p>9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 Clue Board Game 11:00 Crafty Crew 11:00 SAIL Exercise at Patrick Henry Rec Center 12:45 Cup Flip</p> 	<p>31</p> <p>9:30 Exercise 10:00-11:30 Pool/Billiards <b>10:00 Hemming Day</b> 10:00 – 10:45 Ukelele Lessons 11:00 Senior Spelling Bee 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!! Any voluntary donation is greatly appreciated to help ensure that the center is able to continue to provide multiple services and activities. Hemming Days are a chance for seniors to come and use the sewing machines, specifically to hem, tailor, and repair clothes. Donations are recommended for this event so we can buy the items that can be used for repairing and tailoring

