



Fairfax County

Neighborhood & Community Services

www.fairfaxcounty.gov/neighborhood-community-services

Jim Scott Senior Program

Address: 3001 Vaden Drive
Fairfax, VA 22031

Hours: Monday – Friday, 9 a.m. – 4 p.m.

Phone: 703-865-0520, TTY 711

March/April/May 2024

IMPORTANT CENTER DATES

Title	When	Time	Description
President’s Day	March 17-19	ALL DAY	We will be closed in observance of President’s Day
Spring Break	March 25-29	9 a.m. – 6 p.m.	SACC and Teen Camps will take place. Scheduling may be modified.
AARP Tax Aide	Ends April 13	Tuesday/Thursday and Saturday 9:30-1 p.m.	Please visit https://www.novataxaide.org to sign up for the Jim Scott (see Jim Scott) or find a location near you. Walk-in’s welcome.
SACC Teacher Workday/Holiday	April 1, 2 and 10 May 3	All Day	SACC will be in the facility all day 9 a.m. – 6 p.m. Schedule may be modified to accommodate all programs.
Gymnasium Closed	April 6 & 13	9 a.m. – 5 p.m.	Gymnasium will be closed due to NCS Intramural Basketball play offs and championship games.

Pawvidence Pet Event	May 18	11–4pm	Join us for the third annual Pawvidence Pet event. Bring out your furry friends for a day of fun and enjoy a free photobooth, pupp-icinos, prize giveaways and more.
MEMORIAL DAY CLOSED	May 25-27	All Day	We will be closed for the Memorial Day Holiday.
Fitness Classes End	May 31		Classes will return in the fall.

TRIPS AND EVENTS

Title	When	Time	Description
Trip Sign Ups	2 weeks ahead	9 a.m.	Sign ups for trips are available two weeks in advance.
Trip: Library of Congress	March 5	10:15 a.m.	Join us as we take a tour of the Library of Congress.** Please arrive by 9:30 to check in. **If ADA accommodations are required, please indicate during sign up
HAPPY BIRTHDAY	March 6, April 3, May 1	12 p.m.	Join us in singing Happy Birthday to all those with Birthdays in March, April and May!
Trip: Lidl/Walmart	March 7	10:15 a.m.	Purchase your groceries and household needs. **If ADA accommodations are required, please indicate during sign up
Trip: Capital City Go Go Basketball Game	March 8	11:30 a.m.	Watch the minor league team at the Capital Arena. \$5.00 for ticket and \$1.00 for transportation. Please arrive by 11 a.m. to check in. **If ADA accommodations are required, please indicate during sign up

Trip: Auld Shebeen Irish Restaurant	March 12	11:15 a.m.	Kick off your St. Patty's celebration with a bite to eat at this amazing Irish Restaurant. **If ADA accommodations are required, please indicate during sign up
FFX Fire Dept. Presentation	March 13, April 10, May 8	12:45 p.m.	Fairfax Fire Department will join us during lunch for their monthly safety presentation.
Trip: Orchid Exhibit at National Portrait Gallery	March 15	10:15 a.m.	Please arrive by 9:30 to check in. Escape the winter cold and step into a floral oasis with <i>The Future of Orchids: Conservation and Collaboration</i> . The exhibition highlights the numerous challenges facing wild orchids today and offers a glimpse into the work by scientists and conservationists to protect the future of orchids. **If ADA accommodations are required, please indicate during sign up
Trip: Guapos	March 19	11:15 a.m.	Grab a bite to eat at Guapos! Their steak salad is one of our favorite dishes! **If ADA accommodations are required, please indicate during sign up
Giant	March 21	10:15 a.m.	Get your grocery shopping done at Giant.
Cherry Blossom	March 22	10:15 a.m.	Grab your camera, hat and comfy shoes and clothes. The Cherry Blossoms should be in peak** Please arrive by 9:30 to check in. **If ADA accommodations are required, please indicate during sign up
Target @Merrifield	March 26	10:15 a.m.	Purchase your groceries and household needs. **If ADA accommodations are required, please indicate during sign up

Art with Amery	March 27	1 p.m.	Join our wonderful volunteer, Amery for some arts and crafts.
Trip: Lunch @ Mosaic	April 2	11:15 a.m.	We will be dropping off at Mosaic at Merrifield. Eat lunch at any of the wonderful restaurants. Ted Bulletin, Matchbox, Bartaco, BSide, District Dumplings, Iron Chef House, Pupatella, Shake Shack, True Food Kitchen and so much more. **If ADA accommodations are required, please indicate during sign up
Trip: Channel 16 Studio Tour	April 5	10: 15 a.m.	Join us as we take a tour of the Channel 16 Studio.** Please arrive by 9:30 to check in. **If ADA accommodations are required, please indicate during sign up
Trip: Artie's Restaurant	April 9	11:15 a.m.	Grab a bite to eat at Artie's! **If ADA accommodations are required, please indicate during sign up
Trip: Lidl/Walmart	April 11	10:15 a.m.	Purchase your groceries and household needs. **If ADA accommodations are required, please indicate during sign up
Trip: Anita's New Mexico Restaurant	April 16	11:15 a.m.	Grab a bite to eat at Anita's. **If ADA accommodations are required, please indicate during sign up
Trip: Harris Teeter	April 18	10:15 a.m.	Purchase your groceries at Harris teeter. Did you know Thursday is senior citizen discount day? **If ADA accommodations are required, please indicate during sign up
Trip: Silver Diner	April 23	11:15 a.m.	Grab a bite to eat Silver Diner. **If ADA accommodations are required, please indicate during sign up

Trip: National Bonsai Museum	April 26	10:15 a.m.	Join us for a self guided tour at the National Bonsai Museum.** **If ADA accommodations are required, please indicate during sign up
Trip: National Law Enforcement Memorial and Museum	May 3	10:15 a.m.	Join us for a self guided tour inside and outside of the Law Enforcement Memorial and Museum. **If ADA accommodations are required, please indicate during sign up
Trip: Inca Social	May 7		Grab a bite to eat at Inca Social **If ADA accommodations are required, please indicate during sign up
Trip: Lidl/Walmart	May 11	10:15 a.m.	Purchase your groceries and household needs. **If ADA accommodations are required, please indicate during sign up
Trip: Santini's	May 13	11:15 a.m.	Grab a bite to eat at Santini's New York Style Deli. **If ADA accommodations are required, please indicate during sign up
Trip: Franciscan Monastery	May 17	10:15 a.m.	Join us for a self guided tour inside and outside of the Franciscan Monastery. **If ADA accommodations are required, please indicate during sign up
Trip: Lost Dog Café	May 21	11:15 a.m.	Grab a bite to eat at the Lost Dog Café. **If ADA accommodations are required, please indicate during sign up
Trip: Target @ Fairfax Lakes	May 23	10:15 a.m.	Purchase your groceries and household needs. **If ADA accommodations are required, please indicate during sign up
Trip: Famous Dave's BBQ	May 28	11:15 a.m.	Grab a bite to eat at Famous Dave's BBQ **If ADA accommodations are required, please indicate during sign up

ACTIVITIES

Title	When	Time	Description
Lunch	M-F	12 p.m. – 12:30 p.m.	Please see staff for requirements to join program. Must order lunch by 1 p.m., day before. Lunch must be received by 12:15 p.m., or it is sold to someone else.
Rummikub	M-F	9 a.m. – 4 p.m.	Play rummikub with your fellow peers. Cognitive stimulation while having fun!
Mah Jongg	M-F	9 a.m. – 4 p.m.	Mah Jongg drop in.
Table Tennis	M-F	9 a.m. – 4 p.m.	Table tennis in multipurpose room 2.
Billiards	M-F	9 a.m. – 4 p.m.	Open billiards play with community members.
Independent word searches	Monday	10 a.m.	Get your wheels turning
Chinese Painting and Calligraphy Painting Practice	Monday/Friday	9 – 11 p.m.	Practice your Chinese and Calligraphy painting during open practice time. Limited supplies available. Please bring your own supplies if preferred.
Garden Club	Monday	12: 45 p.m.	Join the Garden club. Don't have a green thumb, that's o.k.! Learn and get your hands dirty.
Crotchet	Monday	11:30 a.m.	Join us for socialization and crotchet. Don't know how, come learn amongst your peers. Supplies available upon request
Chinese Calligraphy Class	Tuesday/Thursday	9 – 12 p.m.	Free Chinese Calligraphy Class. Limited supplies available. Please bring your own supplies if preferred.

Tech Help with Jose	1 st Tuesday of every Month	11 a.m.	Need help navigating your new device? Not sure how to use social media or download pictures? Get all your technology questions answered by Jose. Meet him in the senior room at 11 a.m.
Watercolor Class	Tuesday	1 p.m. – 3 p.m.	Free watercolor class. Limited supplies available. Please bring your own supplies if preferred.
Chinese Painting Class	Wednesday	9 – 12 p.m.	Free Chinese Paintin Class. Limited supplies available. Please bring your own supplies if preferred.
Open Acrylic Painting	Wednesday	1-3 p.m.	Join our open art space to create paintings with you fellow peers. Limited supplies available. Please bring your own supplies if preferred.
Trivia	March 26	12:45 p.m.	Let your competitive side come out and join us for trivia.
Art with Amery	March 27	1 p.m.	Join our wonderful volunteer, Amery for some arts and crafts.
BINGO	March 28	12:45 p.m.	Let's play some BINGO!
Diamond Art	March 29	1 p.m.	Never heard of Diamond Art? Come and explore this art that is taking over social media.
Sensory Exploration	Thursday	12:45 p.m.	Come reduce your stress by enjoying music in a vibroacoustic chair, massage pad, or sound shell chair. Attendance is based on first come first served. No more than five people at a time.

FITNESS CLASSES

Title	When	Time	Description
S.A.I.L. Program	Monday and Wednesday	10:15-11:15 a.m.	<p><i>Must be registered and take assessment</i></p> <p>Stay Active for Independent Living (SAIL) is a strength, balance and fitness program for adults 55 and older. Performing exercises that improve strength, balance and fitness are the single most important activity that adults can do to stay active and reduce their chance of falling. The entire curriculum of activities in the SAIL program can help improve strength and balance, if done regularly. This meets for 12 weeks. This program is free. You must register and attend all sessions.</p>
Ballroom Dancing	Tuesday	1-3 p.m.	<p>Learn Basic Ballroom dancing techniques. Bring a partner or find a partner in class.</p> <p><i>Must be registered. For Senior Program members only</i></p>
Senior Program-Line Dancing 1	Wednesday	12-1 p.m.	<p>This class is intended for people with some prior line dancing experience, including familiarity with basic steps or step combinations and comfort making turns. Students will enhance their dance skills and continue developing footwork and posture. Dances include cha-cha, tango, waltz, rumba, mambo, etc, using internationally famous music/songs. Choreography in this level is designed for beginners or high beginners. \$10.00 per session.</p> <p><i>Must be registered.</i></p>
Chair Yoga (virtual)	Wednesday Classroom 2	1 p.m. – 2 p.m.	Join us for virtual chair yoga.

Senior Program- Line Dancing 2	Wednesday Gym	1:15-2:15 p.m.	This class is for people who wish to further advance their line dance skills with more variety or more complicated movements and step combinations. Choreography in this class is designed for high beginner to intermediate level. \$10.00 per session. <i>Must be registered.</i>
Chair Yoga with Ania	Thursday	10 – 11 a.m.	Join Ania for an in person instructed Chair Yoga in the sensory room.
Tai Chi 1	Thursday Gym	12:15-1:15 p.m.	Gentle low impact mind and body exercise through Chi Gong and then instructions of Yang style Tai chi 8 form and the first half of the 24 form. Focus will be on fundamentals including relaxation, posture, Tai Chi Walk, basic movements and balance. <i>Must be registered. For 18+ members</i>
Tai Chi 2	Friday Gym	9:15-10:15 a.m.	Participants should be familiar with the Tai Chi 1 class contents and basics Tai Chi movements. Class will start with Chi Gong and tai Chi 8 form warmups then the Yan style Tai Chi 25 complete form instructions. <i>Must be registered. For 18+ members</i>
Zumba	Friday Gym	10:30 – 11: 30 a.m.	Open to adults and seniors: Zumba involves dance and aerobic elements. The choreograph incorporates hip-hop, soca, samba, salsa, merengue and other Latin dances. Adult 18+
Chair Exercise	Friday	10:30-11:30 a.m.	Live streaming or on demand.

Chair Yoga (virtual)	Wednesday Classroom 2	1 p.m. – 2 p.m.	Join us for virtual chair yoga.
<u>COMPUTER LAB</u>			
Title	When	Time	Description
Adult Open Lab	Monday – Friday	9:00 am – 3 p.m.	Computer Lab Open for Adults and Seniors use. Printing limited to 5 pages per day.
<u>RECREATION</u>			
Title	When	Time	Description
Table Tennis	M-F	9 – 4 p.m.	Open Play in Multipurpose room 2.
Billiards	M-F	9 – 4 p.m.	Open billiards play.
Sr. Basketball 50+	Monday Thursday	M: 12 – 2 p.m. Th: 10 – 12 p.m.	Basketball play for ages 50+ (full court).
Senior Pickleball	Tuesday Friday	T: 9:30 – 11:30 a.m. F: 1 – 3 p.m.	Tuesday is half court. Friday is full court.
Table Tennis (Gymnasium)	Tuesday	9:30-11:30	Held in Gymnasium, half court.
Senior Badminton	Thursday	1:30 – 3 p.m.	Open play for senior program members only.