

# Hollin Hall Senior Center

1500 Shenandoah Road, Alexandria VA 22308



Operating Hours: 9 a.m. - 4 p.m.

Phone: 703-765-4573

www.fairfaxcounty.gov/ncs

Schedule of events and activities are subject to change. Please call the facility directly for the most updated information.

## April 2016

### Programs

Program	When	Time	Description
Billiards Open	Monday-Friday	9 a.m.	
Strength Training with Patty	Monday/Wednesday	9 a.m.	
Exercise with Elena	Monday	9 a.m.	
Exercise with Laura & Judy	Wednesday/Friday	9 a.m.	
Art room	Friday	9 a.m.	
4H's Bridge Club	Monday	10 a.m.	
V.I.P Group	Monday/Wednesday	10 a.m.	
Jazzercise Lite	Monday/Tue./Thu. and Fri.	10 a.m./10:15 /11 a.m.	This program has become so popular here at Hollin Hall that we are adding another class to the schedule. Be fierce with this fat-burning cardio and muscles workout. Build balance and flexibility, tone your whole body and charge up your metabolism with pulse-pounding beats, modified movements and lower intensity for all fitness levels.
Piano Club	Monday	10 a.m.	
Low impact exercise	Monday/Wednesday	11 a.m.	
Pinochle	Monday/Thursday	Voon	Is a trick-taking card game typically for two to four players and played with a 48 card deck.
Art with Irinea	Monday	1 p.m.	
Spanish with Harry	Monday	2 p.m.	
Billiards Boutique	Monday/Wednesday	2 p.m.	
Tai Chi Intermediate	Tuesday	8:10 a.m.	
Meditation	Tuesday	9:15 a.m.	
Exercise for Men with Celez	Tuesday/Thursday	9:15 a.m.	
Strength Training	Tuesday/Thursday	9:30 a.m.	
Exercise with Rosita	Tuesday/Thursday	10 a.m.	
Chicago Bridge	Tuesday	1 p.m.	
Mah Jong	Tuesday/Friday	1 p.m.	
The Needleworkers	Tuesday	1 p.m.	Kaps for Kids
Table Tennis	Tuesday/Friday	1 p.m./noon	
Conversational Spanish	Tuesday	1 p.m.	
MVGS library open	Tue/Wed/Thu	10 a.m. - 2 p.m.	
Computer discussion with Bob	Tuesday	9:30 a.m.	
Tai Chi Advanced	Wednesday	8:10 a.m.	
Canasta	Wednesday	10 a.m.	A card game of the rummy family of games believed to be a variant of 500 Rum. Although many variations exist for two, three, five or six players, it is most commonly played by four in two partnerships with two standard decks of cards.
Exercise with Gloria	Wednesday/Friday	10 a.m.	
Exercise w/Elena	Wednesday	11 a.m.	
Duplicate Bridge	Wednesday/ Thursday	11:45 a.m.	
Conversational French	Wednesday	2 p.m.	
Dancing	Wednesday	2 p.m.	
Tai Chi Beginning	Thursday	8:10 a.m.	
Knitting class	Monday	10 a.m.	Participants will learn the basics of knitting: casting on, the knit stitch, the purl stitch and binding off. Additional projects may be making an item and reading a pattern. Supplies to bring to class are: Size 8 single pointed 9 inch long knitting needles and one skein of yarn. Yarn needs to not have ribbon or suede in it...just plain yarn of any type. Avoiding dark colors is a good idea! Reservations Required – Sign up in Orange Binder-(classes run until the end of May)
Open Sew	Monday	V	Participants need to have basic sewing skills and a working sewing machine to bring to class. Class will involve reading patterns, laying out patterns and troubleshooting sewing problems had by sewers. This class will be student focused. If you have a sewing problem, this class is for you! Or, if you want to sew for 2 hrs., join us. Reservations Required – Sign up in Orange Binder-(classes run until the end of May)
Sewing class	Monday	2 p.m.	With Diane Tippins! Reservations Required – Sign up in Orange Binder. CLASS WILL BE LIMITED TO 10 Members
Wii Bowling	Thursday	10 a.m.	
Figure Drawing	Tue./Thu.	11:30 a.m.	Join us for a new way to exercise your brain. According to a study conducted by Newcastle University in England*, figure drawing for three hours a week over a two month period improved performance on a battery of mental abilities tests including memory, far better than vigorous walking or doing word puzzles for the same amount of time. No experience in art classes? No matter! The focus of the class will be brain exercise, not improved drawing ability. But don't be surprised if that happens, too! Some classes will have live models. *http://www.bbc.com/news/magazine-33505017. Sign Up in Orange Binder. Twice a Week Commitment
Conversations/ Square table	Tuesday	2 p.m.	
Guitar Lessons	Wednesday	6 p.m.	
American kenpo	Wednesday	8 p.m.	
Band	Thursday	11 a.m.	
Ancient Art of Belly Dancing	Thursday	1 p.m.	
Scrabble	Thursday	1 p.m.	
Int. Tap Dance	Thursday	2:30 p.m.	
Theatre Group	Friday	1 p.m.	
Mexican Train Dominoes	Friday	9:30 a.m.	
Harmonica	Friday	11 a.m.	
Line dance with Paula	Wed/Friday	2 p.m./Voon	
Singing Group	Thursday	1 p.m.	
Party Bridge	Friday	1 p.m.	
Open Billiards	Friday	2 p.m.	
Classes			
Class	When	Time	Description
Alexandria Memories	4/18/2016	1 p.m.	3rd Monday of each month.

Military History	4/11 and 4/25	10 a.m.	2nd and 4th Monday of each month. April 11: N. Monsarrat's Battle of the Atlantic – John Rodgaard April 25: Attack and Missile Submarines – James Van Metre. Drop-In
Welcome Wagon	4/18/2016	1 p.m.	3rd Monday of each month. The "Welcome Wagon" is a wonderful opportunity to tour the center with one of our volunteers. This is a new member orientation. You can ask questions and learn more about center programs and volunteering opportunities. If you are new, you will receive a phone call inviting you to one of these sessions. If you have been here for awhile and missed the "Welcome Wagon" well, "get" on board and join Jan Kestyn !
Cozy Mystery Book Club	4/11/2016	1 p.m.	2nd Monday of each month. will be discussing-Darned If You Do by Monica Ferris (a Needlecraft Mystery) See Patti Bruch, Assistant, for Book
MV Quilters Unlimited	4/12 and 4/26	12:30 p.m.	Meets every 2nd and 4th Tuesday of each month in room 112 and for Quilt Bees the 1st and 3rd Tuesday of each month in room 216.
Antique Club	4/20/2016	9:30 a.m.	3rd Wednesday of each month. Pearls, presented by Terry Tkeciak. A discussion on Pearls, their qualities, size, luster, nacre, color and how to take care of them and how to spot a fake! She will be returning in October to help us identify your pearls. Free – Public Invited
MVGS General meeting	4/19/2016	1 p.m.	3rd Tuesday. Entering Information onto Find-a-Grave presented by Linda MacLachlan Class limited to 12 people – Register w/MVGS
Book Club	4/27/2016	1 p.m.	4th Wednesday of each month. will be discussing The Heart is a Lonely Hunter by Carson McCullers. See Veronica Cartier or Patty Barnes, co-lead, for Book.
Friday History Group	4/8 and 4/22	10 a.m.	meets 2nd and 4th Friday of each month The Fall and Rise of China. Drop-In
"The Other Book Club"	4/22/2016	11 a.m.	4th Friday. Will be discussing by HAWK by Helen MacDonald. See Julie Ellis, Director, for Book
Alexandria Ikebana International	4/6/2016	9:30 a.m.	1st Wednesday of each month. TOPIC: Member's Choice. Non-traditional arrangement The Completed Arrangement will be Displayed at the Lobby of the Hollin Hall Senior Center
MV House and Garden Club	4/13 and 4/27	9:30 a.m.	2nd and 4th Wednesday of each month.Xeriscaping & Water Wise Gardening by Brenda Frank of the master Gardeners Program Drop-In
Parkinson Support Group	4/6/2016	1:30 p.m.	1st Wednesday of each month.
Model Railroad Club	4/21/2016	10 a.m.	3rd Thursday of each month. War Trains: Part 2 of a 3 part series. Drop-In
AARP General Meeting	4/1/2016	1 p.m.	1st Friday of each month
New York Memories	4/16/2016	10:30 a.m.	3rd Friday of each month. The Great Depression and Stock Market Crash. Drop-In
Photo Club	4/9/2016	10 a.m.	2nd Friday of each month
Turning Points in Modern History	4/8 and 4/22	10 a.m.	2nd and 4th Friday. The Fall and Rise of China February 12 – Cracks in the Monolith, 1957-1958 and The Great Leap Forward, 1958-1960 February 26 – Demise of the Great Leap Forward, 1959-1962 and "Never Forget Class Struggle" 1962-1965 Drop-In
Live Band	4/15/2016	7:30 p.m.	3rd Friday of each month. Hollin Hall Senior Center, 1500 Shenandoah Road. Open to All in the Community! \$4 at the Door! Live Band - Owen Hammett, conductor. Refreshments
Stamp Club	4/15/2016	2 p.m.	3rd Friday of each month
Special Events/Trips			
Event/Trip	When	Time	Description
Secret Garden	4/6/2016	10:15 a.m.	Stroll the quaint streets of Occoquan and enjoy one of its best kept "secrets" for lunch– homemade desserts – generous portions- happy tummies here!
Vaso's Kitchen	4/13/2016	10:15 a.m.	Family owned, Vaso runs her restaurant like you have just come to her home – Authentic Greek cuisine – a favorite of HHSC!
Maggianos- Little Italy	4/20/2016	10:15 a.m.	Enough time to shop and enjoy a home style Italian meal with another to bring home at no extra charge. What a bargain!
Bamian	4/27/2016	10:15 a.m.	Afghan cuisine at its finest – this one received rave reviews from the HHSC "Lunch Bunch"
Healthy Eating Club	4/4/2016	12:30 p.m.	Foraging is this month's topic of discussion. "A weed is a plant whose virtues we have not yet discovered." Ralph Waldo Emerson. We will talk about common edible plants you might consider to be weeds, as well as flowers that are edible. Featuring Ted talk – "How I Did Less and Ate Better Thanks to Weeds." Reservations Required – Sign up in Orange Binder
Card Making with Chuck Mason	4/6/2016	10 a.m.	\$10. Per session. Take home approximately 5 handcrafted one-of-a-kind greeting cards! Sign up and Pay in Main Office
AARP workshop	4/6/2016		Life Reimagined, Discovering Your New Life Possibilities – Are you at a point in your life where you're asking, "What's next?" This workshop is designed to help guide you through new life phases. Received expert guidance and resources to help you uncover your own special gifts, connect with people who can support you, and explore new directions. Reservations Required – Sign up in Orange Binder
"Color Me Calm"	4/5, 12 and 19	2 p.m.	With Lyn Venus – Continued from March
NEW!! Country Western Line Dance Lessons!	4/11 and 4/25	1 p.m.	Join Taylor Johnson (from Service Source) twice a month on Mondays to learn the fundamentals of Country Western Line Dancing. Taylor will aim to teach 1 or 2 dances each session with Fun Steps and Fun Music! Boots Encouraged But Not Mandatory! Reservations Required – Sign up in Orange Binder
Mt. Vernon Geneological Society	4/12/2016	10 a.m.	Virginia Settlement in the Shenandoah Valley and Beyond – Who, What, When, Where, and Why? – Using online Resources to Track your Shenandoah Valley (and West) Ancestors. Presented by William Johnson
GAME NIGHT!	4/13/2016	5:30 p.m.	Join us on the 2nd Wednesday of every month. A casual atmosphere along with beverages and munchies will keep everyone fueled up and ready to play. Learn a new game – Meet someone new – Lead a new game! CANASTA? Pinochle? Or Rummikub, Mexican Train Dominoes, or Mah Jongg—whatever it may be. After all, having fun is what it's all about, right? Sign up in Orange Binder
Joan Hart, Art Historian, presents Gustav Klimt	4/13/2016	10:30 a.m.	an Austrian symbolist painter and one of the most prominent members of the Vienna Secession movement. Reservations Required – Sign up in Orange Binder

Visiting Chef – Gadget Demo with Dana Grimm– Purchasing and getting to know your Spiralizer!	4/13/2016	Voon	You barely get a cup of veggies when you simply dice, chop or cube. With spiralizing, one small vegetable can yield many cups of fluffy, spiral vegetables! You can eat your favorite classis Italian pasta dishes, while eating vegetables, since spiralized vegetables have a similar texture and consistency to regular pasta and noodles - A fun and new way of prepping and eating all of the local produce coming at the Farmers' Markets! Reservations Required – Sign up in Orange Binder – Limited Seating
Health and Wellness Discussion Group	4/14/2016	1 p.m.	With Tryshah Taylor. Spring Cleaning Self-Check in – Spring is near and as we shed our winter clothes and hibernating selves, how are we? Did we slide on exercise and good nutrition? Did we let social activities pass us by and now need to reconnect? What can we do to make Spring a remarkable season of change and growth? Reservations Required - Sign up in Orange Binder
“Trends in TV Viewing” and “Tips on Buying a TV”	4/14/2016	10 a.m.	presented by Fairfax County’s Cable and Consumer Services Reservations Required – Sign up in Orange Binder
Virtual Travel Series	4/15/2016	1 p.m.	Join me for a Virtual Visit to Panama. Your tour guide will be Pallas Washington, a native of Panama. Explore the country, the customs, the food, and the wonder of Panama’s natural beauty. It will be an experience all your senses won’t forget! Reservations Required – Sign up in Orange Binder
Mount Vernon Genealogical Society	4/19/2016	1 p.m.	Genealogy and Maps: A Perfect Marriage for Tracking Ancestors By Sharon Cook MacInnes, Ph.D. – Free - Public Invited!
Bazaar Crafters Workshop	4/19/2016	10 a.m.	Come join the fun and friendship as we “craft” our way towards yet another bazaar. All are welcome. No experience required. Reservations Required – Sign up in Orange Binder
Annual Plant Swap	4/22/2016	10 a.m.	Please join us for our Annual Plant Swap in Honor of Earth Day! Now’s a great time to take a look at your garden, dig up those “extra” plants, put them in a pot or plastic bag and transport them over to Hollin Hall Senior Center. Friends and neighbors who are new to gardening will happily take them and give them a new home! You may also bring gardening books and magazines that you’re willing to part with, along with garden accoutrements such as ornaments, tools, pots and birdfeeders. We will also be offering tours of our butterfly and vegetable gardens. Refreshments will be served. This event is FREE and open to everyone.
VOLUNTEER APPRECIATION	4/23/2016	3 p.m.	Volunteer Appreciation Month-An Invitation Only Event to Thank the 100+ plus volunteers for their service to HHSC! April 23, 3-5 p.m. with the Mount Vernon Swing Band. “Life is like a Balloon...If you never let yourself go, you’ll never
<b>Community Meetings</b>			
<b>Meeting</b>	<b>When</b>	<b>Time</b>	<b>Description</b>
Advisory Council	4/7/2016	10 a.m.	All encouraged to attend. 1st Thursday of each month.