

Lewinsville Senior Center

1609 Great Falls Street
 McLean, VA 22101
 Phone: 703-442-9075, TTY 711
 Fax: 703-748-1829



www.fairfaxcounty.gov/ncs

Operating Hours:
 Monday - Friday: 9 a.m. - 4 p.m.
Business Hours:
 Monday - Friday: 8 a.m. - 4 p.m.

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
Puzzle Club	Mondays & Thursdays	2 - 3:30 p.m.	Work on a jigsaw puzzle with us! A great stress reliever and team building exercise!
American Mah Jongg	Tuesdays	10 a.m. - noon	Continuous supervised open play.
Chair Exercise Live!	Tuesdays	10:15 - 11 a.m.	Continuous health and wellness program.
Bridge for Beginners	Tuesdays	Noon - 1 p.m.	Learn how to play Bridge, learn the basics, supervised play.
Board Game Bunch	Tuesdays	2 - 3:30 p.m.	Various board games taught by staff and participants.
Bio Energy Chi Gong	Thursdays	10:30 - 11:30 a.m.	Continuous health and wellness program.
Chair Exercise Live!	Thursdays	10:15 - 11 a.m.	Continuous health and wellness program.
Tai Chi	Thursdays	1 - 2 p.m.	Continuous health and wellness program.
Yuan-Ji Dance	Thursdays	2 - 3:30 p.m.	Continuous health and wellness program.
Knit & Crochet Club	Fridays	1:30 - 3 p.m.	One-on-one knit & crochet lessons, pattern sharing, and socializing. All levels welcome.

Classes - Must Sign Up

Class	When	Time	Description
Low Impact Aerobics	Mondays	9:15 - 10:15 a.m.	Cost \$10/ Quarter. Spring 2016 Quarter runs April 1 - June 31.
Beginner Plus Line Dance	Mondays	10:30 - 11:30 a.m.	Cost \$10/ Quarter. Spring 2016 Quarter runs April 1 - June 31.
Intermediate Line Dance	Mondays	11:30 a.m. - 12:30 p.m.	Cost \$10/ Quarter. Spring 2016 Quarter runs April 1 - June 31.
Low Impact Aerobics	Tuesdays	9:15 - 10:15 a.m.	Cost \$10/ Quarter. Spring 2016 Quarter runs April 1 - June 31.
Strength & Core	Wednesdays	9:15 - 10:15 a.m.	Cost \$10/ Quarter. Spring 2016 Quarter runs April 1 - June 31.
Beginner Plus Line Dance	Wednesdays	10:30 - 11:30 a.m.	Cost \$10/ Quarter. Spring 2016 Quarter runs April 1 - June 31.
Intermediate Line Dance	Wednesdays	11:30 a.m. - 12:30 p.m.	Cost \$10/ Quarter. Spring 2016 Quarter runs April 1 - June 31.
Voice Class	Wednesdays	12:45 - 1:45 p.m.	Cost \$10/ Quarter. Spring 2016 Quarter runs April 1 - June 31.
Piano Lessons	Wednesdays	1:45 - 3:45 p.m.	Cost \$10/ Quarter. Winter 2016 Quarter runs April 1 - June 31. Book fees payable to Instructor.
Watercolor Painting	Wednesdays	2:30 - 4:30 p.m.	Cost \$15/ Quarter. Winter 2016 Quarter runs April 1 - June 31. Must provide own supplies.
Beginner Plus Line Dance	Fridays	10 - 11 a.m.	Cost \$10/ Quarter. Spring 2016 Quarter runs April 1 - June 31.
Beginner Plus Line Dance	Fridays	11 a.m. - noon	Cost \$10/ Quarter. Spring 2016 Quarter runs April 1 - June 31.
Beginning Line Dance	Fridays	12:15 - 1:15 p.m.	Cost \$10/ Quarter. Spring 2016 Quarter runs April 1 - June 31.
Beginning Line Dance	Fridays	1:15 - 2:15 p.m.	Cost \$10/ Quarter. Spring 2016 Quarter runs April 1 - June 31.
Gentle Mat Yoga	Fridays	2:30 - 3:30 p.m.	Cost \$10/ Quarter. Spring 2016 Quarter runs April 1 - June 31.

Special Events/Trips

Event/Trip	When	Time	Description
Wal-Mart at Fair Lakes	Friday, April 1	10:15 a.m. - 1 p.m.	Trip of Necessity to Wal-Mart at the Fair Lakes Shopping Center.
Greensprings Gardens	Tuesday, April 5	10:15 a.m. - 1 p.m.	Charter Trip to Greensprings Gardens in Alexandria.
Cable and Consumer Services	Thursday, April 7	12:45 - 1:45 p.m.	Guest Speaker on "Trends in TV Viewing", presented by Fairfax County Department of Cable & Wegman's
Wegman's	Friday, April 8	10:15 a.m. - 1 p.m.	Trip of Necessity to Wegman's in Fairfax.
Target at Fair Lakes	Friday, April 15	10:15 a.m. - 1 p.m.	Trip of Necessity to Target at the Fair Lakes Shopping Center.
Cable and Consumer Services	Monday, April 18	12:45 - 1:45 p.m.	Guest Speaker on "Tips on Buying a TV", presented by Fairfax County Department of Cable & Fair Oaks Mall
Fair Oaks Mall	Friday, April 22	10:15 a.m. - 1 p.m.	Trip of Necessity to Fair Oaks Mall.
Bowl America	Monday, April 25	10:15 a.m. - 1 p.m.	Charter Trip to Bowl America in Falls Church. Additional fee.
Amish Market	Friday, April 29	10:15 a.m. - 1 p.m.	Charter Trip to the Amish Market in Germantown, MD.
Fire Safety Visit	Monday, March 28	11:30 a.m. - noon	Monthly visit from Fairfax County Fire Department to discuss safety. This month's topic is medication

Community Meetings

Meeting	When	Time	Description
Advisory Council	Monday, April 18	12:45 - 1:45 p.m.	Lewinsville Senior Center is looking for new advisory council members! Open to all, come hear from your Council. We are interested in hearing from new voices with creative ideas for the center!