

Bailey's Senior Center



5920 Summers Lane Falls Church, VA 22044

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

www.fairfaxcounty.gov/ncs

Schedule of events and activities are subject to change. Please call the facility directly for the most updated information.
Deidre Light, Senior Center Director, 703-820-2131, TTY 711

December 2015			
Programs			
Programs	When	Time	Description
Coffee Hour	Monday - Friday	9 a.m.	
Tables Games	Monday - Friday	10:30 a.m.	Play your favorite game with friends or learn a new one.
Walk for Fun	Monday - Friday	11 a.m.	Track your steps walking around the gym.
Fitness Room	Monday - Friday	10 a.m.	Utilize free weights or stationary machines.
Quilting Project	Monday, Thursday	Noon	Group project where everyone learns from each other.
Helping Hands Project	Monday	12:30 p.m.	Group craft project encouraging volunteerism and giving back to the community.
Dominos - Rummikub	Monday - Friday	10 a.m. - 1:30 p.m.	Have fun while keeping the mind sharp.
Scrabble for Fun	Monday, Wednesday, Friday	1 p.m.	Classic word game to keep up cognitive skills while having fun with friends.
Classes			
Classes	When	Time	Description
Arts & Crafts	Friday	10:30 a.m.	Experience a variety of craft projects.
Chair Exercise	Wednesday	10:30 - 11:30 a.m.	Seated aerobic exercise designed to increase the heart rate while having fun.
Chair Exercise	Tuesday, Thursday	11:15	Seated aerobic exercise.
Ceramic Class	Wednesday, Friday	11 a.m. - 1 p.m.	Learn the basics of ceramics while painting your own piece.
Knitting	Friday	12:30 p.m.	Learn to knit or brush up on your skills.
Line Dance	Tuesday, Wednesday	12:30 - 2:30 p.m.	Line dance for the advanced dancer.
Tai-Chi Class	Friday	10:30 a.m. - 12:30 p.m.	Chinese meditative practices which use slow graceful movements and controlled breathing techniques that strengthen your mind-body connection, reduce stress, promote serenity and improve circulation.
Tech Time	Monday, Wednesday, Friday	1 - 3 p.m.	Bring your questions and your devices. Get the most out of your mobile device with help using your cell phone, tablet or laptop.
Yoga	Monday	11 a.m. - noon	Seated yoga for toning and relaxation.
Special Events/Trips			
Special Events/Trips	When	Time	Description
Blood Pressure Check	TBA	TBA	FREE blood pressure checks.
Holiday Craft Sale	December 2	10 a.m. - 2 p.m.	Purchase crafts to support the advisory council.
Trip: Wal-mart	December 4	10:30 a.m.	Trip of necessity. Visit local shopping centers.
Nutritionist Visit	December 9	Noon	Informal presentation on various food and nutrition related topics.
Trip: Union Station	December 10	10:30 a.m.	Trip to visit Union Station. Take in the holiday decorations. Enjoy local shops and restaurants.
Trip: Springfield Mall	December 11	10:30 a.m.	Trip of necessity. Visit local shopping centers.
Christmas Table Decorations Workshop	December 14	10:30 a.m.	Learn the art of making holiday table decorations. Make a decoration to be placed on the table for the holiday party.
Fire Department	December 14	1 p.m.	Fire Department visit. Informal presentation on keeping your home safe and protected for emergencies.
Holiday Lunch	December 16	Noon	Celebrate the holiday season. Enjoy lunch and a special performance by the children of Higher Horizon's Headstart Program.
Birthday Celebration	December 16	12:15 p.m.	Celebrate this month's birthday with cake and singing. Enter the drawing to win a prize.
Trip: Dollar Tree	December 18	10:30 a.m.	Trip of necessity. Visit local shopping centers.
Center Closes at Noon	December 24		CENTER CLOSED. County Holiday.
Center Closed	December 25		CENTER CLOSED. County Holiday.
Trip: Aldi	December 30	10:15 a.m. - 1:30 p.m.	Trip of necessity. Visit local shopping centers.
Community Meeting			
Meetings	When	Time	Description
Senior Citizen's Council Meeting	Friday, December 18, 2015	10 a.m.	Learn about services and opportunities for seniors and senior groups in Fairfax County. Held at Fairfax County Heritage Building (Region 2 Office).
Senior Roundtable	Wednesday, December 23, 2015	1 p.m.	Monthly senior meeting to discuss programming ideas and get feedback from participants. Senior Center Participants have an opportunity to voice questions and concerns about the center in an open forum.