

Hollin Hall Senior Center

1500 Shenandoah Road, Alexandria VA 22308



www.fairfaxcounty.gov/ncs

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

Telephone: 703-765-4573

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

February 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 a.m./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	Noon	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.	
Beginning Tap Dance	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.	
Many Happy Returns w/Jim	Tuesday	Noon	
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.	
Exercise with Laura and Judy	Wednesday/Friday	9 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.	
V.I.P Group	Wednesday	10 a.m.	
Low impact exercise	Wednesday	11 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.	
Billard Boutique	Wednesday	2 p.m.	
Tai Chi Beginning	Thursday	8:10 a.m.	
Exercise for Men with Celez	Thursday	9:15 a.m.	
Strength Training	Thursday	9:30 a.m.	
Wii Bowling	Thursday	10 a.m.	
Jazzercise Lite	Thursday	11 a.m.	
Band	Thursday	11 a.m.	
Pinochle	Thursday	Noon	
Art room Open	Friday	9 a.m.	
Mexican Train Dominoes	Friday	9:30 a.m.	
Exercise w/Gloria	Friday	10 a.m.	
Jazzercise Lite	Friday	11 a.m.	
Harmonica	Friday	11 a.m.	
Line dance with Paula	Friday	Noon	
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	2/15/2016	1 p.m.	3rd Monday of each month.
Military History	2/8 and 2/22	10 a.m.	2nd and 4th Monday of each month. February 8 - Suez - 1956 - presented by Jim Taylor February 22 - Joe Rosenthal and Iwo Jima presented by Joe's cousin Drop-In
Welcome Wagon	2/15/2016	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, 'git' on board and join Jan Kestyn!
Cozy Mystery Book Club	2/8/2016	1 p.m.	2nd Monday of each month. will be discussing Murder is Binding by Lorna Barrett (a Mystery Bookstore Mystery) See Patti Bruch, Assistant, for Book

MV Quilters Unlimited	2/09 and 2/23	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	2/17/2016	9:30 a.m.	3rd Wednesday of each month. Callie Stapp, Curator of Collections for Stabler-Leadbeater Apothecary Museum and Gadsby's Tavern Museum in Alexandria, will be talking about the interesting history of this unique museum. With an MA in Museum Studies from GW University, Callie has managed the processing of the Apothecary Museum's 20,000 object collection. You will learn how the apothecary store was used in the 1800's until it closed in 1933. Free – Public Invited
MVGS General meeting	2/16/2016	1 p.m.	3rd Tuesday. The Missing Connection: What You Need to Know About Adoption Searches Through the Generations by JonMarie Pearson, Susan & Donald Palma – Free - Public Invited!
Book Club	2/24/2016	1 p.m.	4th Wednesday of each month. will be discussing Light Between the Oceans by M.L. Stedman See Veronica Cartier or Patty Barnes, co-lead, for Book
"The Other Book Club"	2/26/2016	11 a.m.	4th Friday. will be discussing Twenties Girl by Sophia Kinsella See Julie Ellis, Director, for Book
Alexandria Ikebana International	2/3/2016	9:30 a.m.	1st Wednesday of each month. Luncheon at a Japanese Restaurant
MV House and Garden Club	2/10 and 2/24	9:30 a.m.	2nd and 4th Wednesday of each month. Valentine Coffee at Hollin Hall. Drop-In
Parkinson Support Group	2/3/2016	1:30 p.m.	1st Wednesday of each month.
Model Railroad Club	2/18/2016	10 a.m.	3rd Thursday of each month. Slow Train to Yesterday" Drop-In
AARP General Meeting	2/5/2016	1 p.m.	1st Friday of each month
New York Memories	2/19/2016	10:30 a.m.	3rd Friday of each month. The Amazing Chrysler Building with Ann Connell. Drop-In
Photo Club	2/12/2016	10 a.m.	2nd Friday of each month
Turning Points in Modern History	2/12 and 2/26	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	2/19/2016	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	2/19/2016	2 p.m.	3rd Friday of each month
Special Events/Trips			
Event/Trip	When	Time	Description
Healthy Eating Club with Becky	2/1/2016	12:30 p.m.	Sweet Tooth? We will be exploring and tasting new ways to sweeten without the empty calories of sugar. Reservations Required – Sign up in Orange Binder
Mt. Vernon Genealogical Society	2/1/2016	10 a.m.	Entering information onto the family tree on familysearch.org with Linda MacLachlan (Class limited to 12 people)
Card Making Class with Chuck Mason!	2/3/2016	10 a.m.	\$10. Per session. Take home approximately 5 handcrafted one-of-a-kind greeting cards! Sign up and Pay in Main Office
Winter Interlude – Part IV Self Portraits	2/3/2016	10:30 a.m.	True Self, New Self: Learn how to see yourself in a new light with help from self-portrait paintings, starting with the master Rembrandt through our own times. Reservations Required – Sign up in Orange Binder
Conversations around a Square Table	2/9/2016	2 p.m.	With Peter Lattu. Bring your favorite poem! Reservations Required – Sign Up in Orange Binder
Health and Wellness Discussion Group	2/11/2016	1 p.m.	with Tryshah Taylor. Sign up in Orange Binder
Mt. Vernon Genealogical Society: "School Day, School Daze"	2/17/161	10 a.m.	School may not have been your favorite place, but uncovering what these records may hold could change your mind. This session will describe the types of school records you may find, what they may hold (each locale may have different information) and where to find them.
'Color Me Calm' with Lyn Vencus	continued from January 2/4, 11, 18 and 25	1:30 p.m.	weekly, 8 sessions. Put down your electronics and give life to a favorite childhood pastime that is enjoying regained popularity - coloring for adults! Coloring is being encouraged because it offers complete absorption by engaging both our creative and tactical skills. When using both sides of the brain, we surrender to the moment - moving into a state of calmness. Psychologists have noted that colors themselves carry therapeutic qualities and actually affect our mood. 'Color Me Calm' brings an additional dimension to this fun activity – doing it as a group. Allow your creativity to unfold naturally alongside others, in a safe, non-judgmental environment as you share ideas or simply listen. Come join us and return to a simpler time of life. All are invited. No experience. No pressure. No judgment. Colored pencils and detailed illustrations (paisleys, mandalas, nature designs, etc.) will be provided. Reservations Required – Sign up in Orange Binder
Bazaar Crafters Organizational meeting	2/16/2016	10 a.m.	Although nice to have a couple of months off, it's time to start planning our 2016 crafts! Bring your ideas on this day as we reflect on what worked and may not have worked at this past year's bazaar. All are welcome. No experience required. Reservations Required – Sign up in Orange Binder
Hollin Hall's 2nd Annual Chili Cook-Off	2/24/2016	Noon	Time to show off your culinary skills with this ever versatile meal-in-itself dish that varies region to region and can incorporate an array of ingredients making each unique! We will need some tasters, too! Entries will be anonymous. This is a fun, social event enjoyed by all last year!
Harris Teeter Shopping	2/4/2016	10:15 a.m.	Shopping with lunch across the street at the Royal, an Old town favorite for locals
Chez Andre Restaurant	2/11/2016	10:15 a.m.	Classic French Cuisine in the heart f Alexandria's Del Ray section (bus leaves at 11 a.m.)
Vasso's kitchen	2/18/2016	10:15 a.m.	A Hollin Hall favorite for lovers of Greek food (bus leaves at 11 a.m.)
Fairlington Shopping center	2/25/2016	10:15 a.m.	Reunions- (an antique & gift shop) one Good Tern (bird shop) Great American Bread Company, Ramparts for lunch and basking Robbins for dessert.
Bob and Edith's Diner	2/3/2016	10:15 a.m.	Old fashioned diner open 24 hours! Order breakfast or your favorite home-style meals.
Eleni's Greek Taverna	2/10/2016	10:15 a.m.	Features local produce and dishes made from scratch – Baklava anyone?
Walker's Grill	2/17/2016	10:15 a.m.	The only VA restaurant to earn the US Green Building Council's LEED Gold certification. Menu changes with the season featuring "Farm to Table" fresh concept of locally sourced foods.
Namaste	2/24/2016	10:15 a.m.	Indian and Nepalese food rated by Trip Advisor as # 1 in the area.
Community Meetings			
Meeting	When	Time	Description
Advisory Council	2/4/2016	10 a.m.	All encouraged to attend. 1st Thursday of each month.