

James Lee Senior Center

2855-A Annandale Road Falls Church, VA 22042

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.

Amie Williams, Senior Center Director, 703-534-3387, TTY 711

February 2016			
Programs			
Programs	When	Time	Description
Happy Hour	Monday - Friday	9 a.m.	As participants arrive, they are encouraged to enjoy coffee, tea, and pastries and prepare for daily activities.
Fitness Center	Monday - Friday	9 a.m.	Seniors can participate in health and fitness programs designed to help improve strength and flexibility.
Billiards	Tuesday - Friday	9 a.m.	Morning ice breaker in which seniors can play billiards and converse.
Board Games	Thursday	10:30 a.m.	Multiple board games to choose from that provides interaction with participants and keeps the mind active.
Senior Men's Basketball	Tuesday & Friday	10 a.m.	All skill level basketball program that helps foster athleticism and increase health and cardio.
Senior Women's Basketball	Friday	6 p.m.	All skill level basketball program for women that helps foster athleticism and increase health and cardio.
Healthy Life Styles	Tuesday	1 p.m.	Includes discussions, trivia and other cognitive activities to address medical health and news.
Fitness Walk Club	Monday, Wednesday & Friday	1 p.m.	Depending on the weather, participants will walk outside through local neighborhoods or in the gym.
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Art	Monday - Friday	12:45 p.m.	Mclean Art Group assist with different projects.
Chair Exercise	Thursday & Friday	10:30 a.m.	Exercises focus on strength, endurance, coordination, range of motion, grip strength and stretching.
Computer Club	Thursday	1 p.m.	Basic help with computer software and Internet.
Zumba	Tuesday	7 p.m.	Community friendly aerobics class that incorporate Latin and international dance moves.
Chair Yoga	Wednesday	10:30 a.m.	Focuses on stretching, flexibility, relaxation and breathing.
Knitting	Tuesday & Thursday	12:45 - 1:45 p.m.	Learn new knitting styles and different techniques of knitting.
Classes			
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Ceramics	Monday	10:15 a.m.	Participants work with clay to color and design various ceramic pieces.
Line Dancing	Wednesday	11:15 a.m.	Join other dancers and learn some fun line dances and a great exercise.
Advanced Line Dancing	Friday	12:30 p.m.	Join other dancers and learn more mastered skills of line dance. Great exercise and higher intensity level.
Chi Kung	Monday & Thursday	12:30 p.m.	A Chinese meditative exercise incorporating slow fluid movements and deep rhythmic breathing that cultivates and balances chi or what has been translated as "life energy."
Tai Chi	Monday & Wednesday	1:30 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.
Intermediate Tai Chi	Wednesday	12:30 p.m.	Beginners level Chinese meditative practices which uses slow graceful movements and controlled breathing techniques that strengthen your mind-body connection, reduce stress promote serenity and improve circulation.
Independent Knitting	Tuesday & Thursday	10 a.m.	Independently led sewing class that introduce different ideas of sewing and helps with the hand eye coordination.
Special Events/Trips			
Special Events/Trips	When	Time	Description
Shopping Trip: Unique Thrift Store	Feb - 1	10 a.m.	Unique Thrift Store with amazing prices.
Field Trip: Wegmans	Feb - 15	10 a.m.	Offering groceries at bargain prices.
Field Trip: Ross/Marshalls	Feb - 22	10:30 a.m.	Offers great prices and a wide variety of shopping experience.
Walmart	Feb - 29	10 a.m.	Offering a variety of merchandise at an affordable price.