

# Lincolnia Senior Center



4710 North Chambliss Street Alexandria, VA 22312  
 Karen Albers-Froehlich, Director

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

[www.fairfaxcounty.gov/ncs](http://www.fairfaxcounty.gov/ncs)

*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
Chinese Painting	Monday	10 a.m.	AT LINCOLNIA SENIOR RESIDENCE. Around 12 people participate in this group each week. Some of the group members have been taking
Current Events	First Wednesday	10:30 a.m.	AT BAILEY'S COMMUNITY CENTER. Sessions are led by a professional facilitator and built upon the personal experience and knowledge of the participants. This course is a discussion of the current issues of the day including politics, economy, health care, technology, local, state and national electors/candidates, scientific breakthroughs, foreign affairs, and general cultural issues. Sessions are led by a professional facilitator and built upon the personal experience and knowledge of the participants.
Dollmakers	Tuesday	10 a.m. - noon	AT LINCOLNIA SENIOR RESIDENCE. A friendly group that makes teaching dolls for area hospitals to use with their young patients. Doctors first demonstrate on the doll so the child will be more comfortable with their upcoming procedure. The child then keeps their
History with Real Professors	Thursday	10:30 a.m.	CALL FOR MEETING LOCATION. This course is on the American Revolutions, starting with the end of the French and Indian War (1756-1763) and going through up to the American Revolutions, the Articles of Confederation, the Constitutional Convention, and the Presidencies of George Washington and John Adams. It stops with the presidential
Machine Knitters	Second Wednesday	10 a.m.	AT LINCOLNIA SENIOR RESIDENCE. Learn new skills at workshops and learn techniques from others. Demonstration machine provided. Experienced machine knitters are welcome. Please stop by the group
Mahjong	Wednesday & Saturday	1 p.m.	AT LINCOLNIA SENIOR RESIDENCE. The Mahjong game is an ancient Chinese tile game and is similar to the Western "Gin Rummy" game. There is a diversified range of Mahjong that uses pretty parallel basic rules, but different scoring and different plans, special hands, and tile combination. It consists of 144 tiles plus a wind indicator (4) and 3 dice. Mahjong is also called a solitaire game due to the resemblance.
Watercolors		12:45 p.m.	AT BAILEY'S COMMUNITY CENTER.
Books and Tea	Last Thursday	12:45 p.m.	AT BAILEY'S COMMUNITY CENTER. Join Mary for tea, refreshments, and a fascinating discussion about the upcoming book!
Classes			
Class	When	Time	Description
Aerobics	Monday	9 a.m.	AT JAMES LEE COMMUNITY CENTER. This class is high impact aerobics designed for seniors. The class includes weight bearing, warm-ups, resistance training, balance, coordination, flexibility, and stamina. Participants should bring a mat for floor exercise and a set of 2-or-3 pound weights. Dynabands and towels will be used and can be purchased from the instructor.
Ballroom with Technique	Monday	12:30 p.m.	wish to participate. It is music of "sentimental forties," i.e. foxtrot, rumba, waltz, cha cha, swing, triple swing, mamba, bossa nova, Viennese waltz, and special requests. This is an excellent opportunity for those taking ballroom dance lessons to have an opportunity to practice at a reasonable cost.
Beginning Line Dance with Joan	Friday	1 p.m.	AT BAILEY'S COMMUNITY CENTER. Get ready to shake a tail feather as Joan has lots of energy and will keep you going nonstop! This class is designed for beginners and advanced students alike.
Beginning Tap	Wednesday	2:30 p.m.	CALL FOR MEETING LOCATION. This is an introduction course for the Snappy Tappers. You will learn the basics of tap, as well as routines that you will perform at recitals across Fairfax County and Northern Virginia. This group provides great exercise and will keep you young!
Chair Exercise Live	Monday, Tuesday, Friday	11:15 a.m.	AT BAILEY'S COMMUNITY CENTER. Seated Chair Exercise has never been this much fun! Utilize stretch bands, weights, and your own enthusiasm in order to maximize this thirty minute workout. Sitting has
Clogging	Friday	11:30 a.m.	AT WAKEFIELD SENIOR CENTER. Learn the fundamentals of clogging and enjoy this unique dance style that is storied!
Spanish Conversation Group	Monday	12:45 p.m.	AT BAILEY'S COMMUNITY CENTER. This group happily accepts new members who want to expand their knowledge of the Spanish language. All levels welcome.
West Coast Swing	Sunday	1 p.m.	AT HOLLIN HALL SENIOR CENTER. Join Adam as he covers the fundamentals of West Coast Swing.
Sunday Tea Dance	Sunday	2 p.m.	AT HOLLIN HALL SENIOR CENTER. Join fellow ballroom dancers for a DJ dance. Tango, waltz, foxtrot, and the hokey pokey are all among the dances enjoyed by all. \$2 at the door.

Tai Chi	Monday, Tuesday, Thursday	9 a.m.	AT MASON DISTRICT GOVERNMENT CENTER. This is an excellent class for stress relief. Tai Chi is a healthy, non-impact exercise and effective martial art. It features slow and graceful movements suitable for producing and maintaining general physical fitness and overall health.
Tap	Thursday	3 p.m.	AT KINGSTOWNE CENTER FOR ACTIVE ADULTS. This group is better known as the Snappy Tappers and is designed for the more advanced tap dancer. Anne Renninger has been a volunteer instructor for this class for 22 years and the group has performed over 300 times. In this class you will learn routines to perform across Fairfax County and Northern Virginia.
Yoga	Monday	10:30 a.m.	AT BAILEY'S COMMUNITY CENTER. Instructor Mary Wolf will lead students through the stretches of yoga. Learn meditation rituals while both utilizing chair and mat work.
Special Events/Trips			
Special Events/Trips	When	Time	Description
Buddy Holly Story Trip	Wednesday, March 9	9:30 a.m. - 5:30 p.m.	This trip is to Riverside Dinner Theater in Fredericksburg. Cost is \$30 per person. Sign up begins on Wednesday, February 3 to senior center members and non-members after 5 business days. Please contact Bailey's Senior Center for more information at 703.820.2131.
Watercolors	First Thursday, Third Thursday	12:45 p.m.	Bring your creative side and explore Watercolor painting lead by Mary Wolf.
Community Meetings			
Meetings	When	Time	Description