

Providence Community Center

3001 Vaden Drive, Fairfax, VA 22031
Phone: 703-865-0520, TTY 711



Operating Hours: Monday - Saturday 9 a.m. to 10 p.m.
We will be closed on February 12 - 15, 2016

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

| Programs | When/Where | Time | Description |
|----------------------------|---------------------------------|--|--|
| SACC | Monday - Friday | 7 - 8:45 a.m. and 3 - 6:15 p.m. | Before and after school care for K-6th grade. Please call 703-449-8989 to register. |
| Senior Program | Monday - Friday | 9 a.m. - 4 p.m. | Activities, socialization and community outings for adults 50+. Please see senior calendar for a detailed schedule. Lunch and transportation are available upon request and may require a fee. Must be 60 or older to receive lunch at a reduced rate. |
| Teens After School Program | Monday - Friday | 3 - 6 p.m. | Activities and programs for youth ages 12-18. Teen program is designed to help teens build positive relationships, develop skills for good decision making, improve their personal resiliency, and most importantly, have fun. |
| SPARC | M, W, F | 10 a.m. - 2 p.m. | Specially Adapted Recreation Club: Provides dynamic, enduring learning opportunities for adults with life-long disabilities in a natural community setting. |
| Open Art Studio | Wednesday Arts & Crafts room | 10 a.m. - 12 p.m. | Bring your own supplies. The open arts studio provides the perfect opportunity for communal self-critique of art pieces as well as general socializing among peers. 19+ |
| "Rook n Roll" Chess Club | Wednesday & Saturday | 6:30 - 8:30 p.m. (W) 1 - 3 p.m. (Sat) | Friendly chess every Wednesday and Saturday. All levels welcomed. Learn to play chess or test your skills against others. |
| ArtReach Program | Currently on winter break | TBD | Join Sharon Fishel from the McLean Project of the Arts. "Abstract Nature" will be this sessions theme. |

Classes

| Classes | When | Time | Description |
|-----------------------------------|---------------|----------------|--|
| Zumba Gold (for Senior Program) | Monday Gym | 10 - 11 a.m. | Zumba for adults 50 and older who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity. The choreograph incorporates hip-hop, soca, samba, salsa, merengue and other latin dances. \$5.00 per session. |
| Line Dancing (for Senior Program) | Monday Gym | 12:30 - 2 p.m. | Come enjoy a cardio workout to choreographed dancing. Dance to songs from all over the world! \$5.00 per session. |

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|---|-----------------------------|------------------------|--|
| Game Shape Basketball Training for Youth | Monday Gym | 6:30 - 8 p.m. | Youth ages 5-12 will participate in learning the fundamentals of basketball |
| Beginners Pickleball (for Senior Program) | Tuesday Gym | 9:30 - 10:30 a.m. | Learn basic skills and play. Must be a member of the Senior Program. Must pay and register for classes. \$5.00 per session. |
| Zumba | Tuesday Gym | 11 a.m. - | Zumba involves dance and aerobic elements. The choreograph incorporates hip-hop, soca, samba, salsa, merengue and other latin dances. Adult 19+ \$5.00 per session. |
| Pickleball: Intermediate Level (senior program) | Wednesday Gym | 9:30 - 10:30 a.m. | Pickleball for Intermediate level. Must know the basics of pickleball. Must pay and register for classes. \$5.00 per session. For Senior Program members only. |
| Yoga | Wednesday Multipurpose 1 | 1 - 2 p.m. | General Yoga for senior program. \$5.00 per session Senior Program |
| Line Dancing | Wednesday Gym | 12:30 - 2:30 p.m. | Line dancing for adults 19+ \$5.00 per session |
| Family Zumba | Wednesday Gym | 6:30 - 7:30 p.m. | Join Anya for some family fun Zumba. Zumba will feature kid friendly routines based on original Zumba choreography. Families with children ages 5-12 only. \$5.00 per family, per session. |
| Functional Fitness (for Senior Program) | Thursday Gym | 9:30 - 10:30 a.m. | Low to mild intensity, aerobic fitness class. Use of moderate weights is encouraged. \$5.00 per session. |
| Zumba | Thursday Gym | 11 a.m. - | Zumba involves dance and aerobic elements. The choreograph incorporates hip-hop, soca, samba, salsa, merengue and other latin dances. Adult 19+ \$5.00 per session. |
| Yoga | Friday Multipurpose 1 | 1 - 2 p.m. | General Yoga for adults 19+. \$5.00 per session |
| Chair Exercise (for Senior Program) | Friday Gym | 10 - 11 a.m. | Cardio and strength training exercises done seated. This type of exercise is excellent for arthritis, joint related issues, or recovering from injury. \$5.00 per session. |
| Zumba | Saturday Gym | 9:15 a.m. - 10:15 a.m. | Zumba involves dance and aerobic elements. The choreograph incorporates hip-hop, soca, samba, salsa, merengue and other latin dances. Adult 19+ \$5.00 per session. |

Current Session ends March 5, 2016 | Next Session Registration begins February 29, 2016. Please be on the look out for flyers with more information.

Sensory Room

| Event | When | Time | Description |
|---------------------------------------|--------------------------|--------------|--|
| Exercise Your Senses (Service Source) | 1st Monday of each month | 11 - 12 | Adults and seniors attend the sensory room once a month for sensory exploration and relaxation. This program is in coordination and reserved for Service Source. |
| Open Relaxation Station for Seniors | 2nd and 4th Monday | 11 a.m. - | Come reduce your stress by enjoying music in a vibroacoustic beanbag, massage pad, or soundshell chair. Attendance is based on first come first served. No more than five people at a time. |
| Sensational Explorers (@# Program) | Tuesday | 10 - 11 a.m. | This program is coordinated with Fairfax County Infant and Toddler Connection and registration for this program is done through the ITC. Ages 0-3 years of age experience color recognition, cause & effect, as well as exposure to sights, sounds, textures, and movements. |

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| From Sensory to Memory | 4th Tuesday of each month | 2:00 p.m.-3:00 p.m. | Members of Memory Café attend the Sensory room for various ways of relaxation, reminiscing, and sensory stimulation. |
| SPARC Your Senses | Monday, Wednesday, and Friday | 1:00 p.m.-2:00 p.m. | Members of the SPARC Program participate in various sensory activities ranging from relaxation, reminiscing, cognition, stimulation |
| Mommy & Me Sensory Discovery | Wednesday | 9:00 a.m. - 12:00 p.m. | This program is for mothers and their young children to explore sensory items and activities. Registration is required for 30 minute interval sessions. |
| Little Sensations | Friday | 9:00 a.m.-10:00 a.m. | Program is designed for children 2 years old and under. Little ones explore different sights, sounds, textures, and movement. This program also serves as a great way to meet other families. |
| Teen Sensorium (Teen Program) | Monday and Friday | Monday 3:00-4:00 Friday 3:30-5:00 | Come relax, listen to music, do your homework, or just enjoy all of the sensations the Sensory room has to offer. Attendance is based on first come first served. No more than 5 teens at a time. |
| Sensory Magic with SACC | Monday and Thursday | Monday 4:00 - 5:00 p.m. and Thursday 4:30-5:30 | SACC participants engage in various sensory activities ranging from education, stimulation, relaxation, creative movement and music. (Kids under 12 not allowed in the facility during SACC hours unless enrolled in SACC.) |

Providence Community Technology Center

| Classes | When | Time | Description |
|--|-----------------|-------------------|--|
| SACC | Monday-Friday | 3:00 - 6:15 p.m. | SACC Programming |
| Adults: Available for One on One Help | Monday | 2:00 - 3:00 p.m. | Available to answer questions on how to use computers, to navigate the internet safely, how to set up social media accounts, how to set up email accounts, e.t.c. |
| Adults: Beginners Excel | Tuesday | 2:00 - 3:00 p.m. | Navigating tool bar, Entering basic data into excel, using functions, creating formulas, working with worksheets, moving and copying data and much more. Basic projects are welcome for one on one help. |
| Adults: Available for One on One Help | Wednesday | 1:00 - 2:00 p.m. | Available to answer questions on how to use computers, to navigate the internet safely, how to set up social media accounts, how to set up email accounts. |
| Adults: Working with Smartphones and Tablets | Thursday | 1:00 - 2:00 p.m. | Basic understanding of smartphone use to make calls, to retrieve messages, to text, to download apps. Basic understanding of Tablet use to take and store pictures, to organize pictures, to transfer pictures from tablet to PC, to download and upload images. |
| Adults: Beginners Computer Class for Spanish Speakers (Senior Program) | Thursday/Friday | 11 a.m. - 12 p.m. | This class is tailored for Spanish speakers that are members of the Senior Program (50+ of age). Learn about the different components of a computer: how to utilize the computer for day to day needs such as browsing the internet, saving documents, creating files, using social media etc. |
| Teens: Fall Programming | Monday-Friday | 3:00-4:00 PM | Computers available for teen program. |
| Adult: Open Lab | Monday - Friday | 12:15 - 1:30 p.m. | Open use of computer lab. Printing (Limit Per Person of 5 pages). Music Studio Sessions. |
| OPEN LAB for all Age Groups | Monday-Friday | 5:30-8:00 p.m | Open use of computer lab. Printing (Limit Per Person of 5 pages). Music Studio Sessions. |

Gymnasium

| Recreation | When | Time | Description |
|------------|---------------|--------------------|------------------|
| SACC | Monday-Friday | 3 p.m. - 6:15 p.m. | SACC Programming |

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| Zumba Gold (for Senior Program) | Monday | 10:00 a.m. - 11:00 a.m. | Zumba for adults 50 and older who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity. The choreograph incorporates hip-hop, soca, samba, salsa, merengue and other latin dances. \$5.00 per session. |
| Badminton (for Senior Program) | Monday | 10:30 a.m. - 12 p.m. | Badminton play for members of the senior program. Senior program is available for ages 50+ |
| Line Dancing (for Senior Program) | Monday | 12:30 p.m. -2:30 p.m. | Come enjoy a cardio workout to choreographed dancing. Dance to songs from all over the world! \$5.00 per session. |
| "Game Shape" Youth Basketball Clinic | Monday | 6:30 p.m. -8 p.m. | Youth ages 5-12 will participate in learning the fundamentals of basketball |
| Badminton | Monday | 8:00 p.m. - 10:00 p.m. | Open gym for adults ages 18+ to play badminton and practice skills |
| Beginners Pickleball (for Senior Program) | Tuesday | 9:30 a.m. -10:30 a.m. | Learn basic skills and play. Must be a member of the Senior Program. Must pay and register for classes. \$5.00 per session. |
| Senior Men's Basketball | Tuesday | 10:30 a.m. - 12 p.m. | Men's basketball for seniors 50+ |
| CoEd Soccer (50+) | Tuesdays | 12:30pm-2:00pm | Coed Soccer for adults ages 50+ |
| Zumba | Tuesday | 11:00 a.m. - 12:00 p.m. | Zumba involves dance and aerobic elements. The choreograph incorporates hip-hop, soca, samba, salsa, merengue and other latin dances. Adult 19+ \$5.00 per session. |
| Providence Teen Basketball Practice | Tuesday | 6:30 p.m.-8pm | Get in shape while brushing up your basketball skills or learning new ones. Open to all teens and adults |
| Competitive Badminton | Wednesday | 9:00 a.m. - 11:30 a.m. | Competitive badminton play for adults 19+ |
| Pickleball: Intermediate Level (senior program) | Wednesday | 9:30 a.m. - 10:30 a.m. | Pickleball for Intermediate level. Must know the basics of pickleball. Must pay and register for classes. \$5.00 per session. |
| Line Dancing | Wednesday | 12:30 p.m. -2:30 p.m. | Line dancing for adults 19+ \$5.00 per session |
| Family Zumba | Wednesday | 6:30 p.m. - 7:30 p.m. | Join Anya for some family fun Zumba. Zumba will feature kid friendly routines based on original Zumba choreography. Families with children ages 5-12 only. \$5.00 per family, per session. |
| Adult Coed Soccer | Wednesday | 8:00 p.m. - 10 p.m. | Open gym for adults ages 18+ to play soccer and practice skills |
| Functional Fitness (for Senior Program) | Thursday | 9:30 a.m. - 10:30 a.m. | Low to mild intensity, aerobic fitness class. Use of moderate weights is encouraged. \$5.00 per session. |
| Open Pickleball (beginners/Intermed) For Senior Program | Thursday | 9:30 a.m. - 11 a.m. | Open play pickleball for beginners and intermediate levels for those that are members of the senior program. |
| Zumba | Thursday | 11 a.m. - 12 p.m. | Zumba involves dance and aerobic elements. The choreograph incorporates hip-hop, soca, samba, salsa, merengue and other latin dances. Adult 19+ \$5.00 per session. |
| Women's Open Gym | Thursday | 6:30 - 8 p.m. | Open Gym for Women ages 18+ to play basketball and practice skills. |
| Adult Basketball | Thursday | 8 p.m. -10 p.m. | Basketball play for adults 18+ |
| Competitive Pickleball | Friday | 9:30 a.m. - 11 p.m. | Competitive Pickleball play |
| Chair Exercise (for Senior Program) | Friday | 10 -11 a.m. | Cardio and strength training exercises done seated. This type of exercise is excellent for arthritis, joint related issues, or recovering from injury. \$5.00 per session. |

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| Senior Men's Basketball | Friday | 11:15 a.m. - 12:45 p.m. | Men's basketball for ages 50+. |
| Youth and Families Open Gym | Friday | 6:30 p.m.-8 p.m. | Open Gym Youth (12yrs and under) and families |
| Adult Volleyball | Friday | 8-10 p.m | Open Gym for adult 18 + to play volleyball and practice skills. |
| ZUMBA | Saturday | 9:15 a.m. - 10:15 p.m. | Join Celia for a sweating good time! Zumba involves dance and aerobic elements. The choreograph incorporates hip-hop, soca, samba, salsa, merengue and other latin dances. Teens and adults. \$5.00 per session. |
| Badminton | Saturday | 8pm-10pm | Open gym for adults ages 18+ to play badminton and practice skills |

Community Meetings

| Activity | When | Time | Description |
|---------------------------|---|------------------|--|
| Girl Scout Troop Meetings | Saturday Rm 112 | 10 - 1 p.m. | Girl Scouts go on fun adventures, travel, learn new skills, make friends, help their community and become the next generation of leaders. During troop meetings, girls will experience the traditions of Girl Scouting, such as songs, and arts & crafts as well as activities involving health, fitness, science, art, literacy, career exploration, and culture. Parents are welcome to participate in troop meetings. All girls ages 5– 10 are welcome to join. |
| Toastmasters | 2nd and 4th Wednesday 2nd and 4th Friday Rm 228 | 6:45 - 8:30 p.m. | Fairfax Toastmasters is the main local chapter of Toastmasters International, the most cost-effective, and funnest, way to learn and practice communication and leadership in Fairfax, Virginia |