# Providence Senior Program

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

**Senior Program Hours: Monday - Friday 9 a.m. to 4 p.m.**
We will be closed on February 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 |
|---|---|---|---|
| Crotcheting with Bessie! | Monday | 10:30 a.m. - noon | All ability levels: Beginners to advanced. Prefer to do needlework? That's ok, joing us! We love to socialize too! |
| ArtReach Program | On Winter Break | 12:45 - 1:45 p.m. | Join Sharon Fishel from the McLean Project of the Arts. "Abstract Nature" will be this sessions theme. |
| Crafting with Lois | Thursday | 10:30 a.m. - noon | Activities such as beading, painting, decoupaging, ceramics, etc. |
| Canasata | Tuesday | 9 a.m. - noon | Canasta drop in. |
| Book Club | Tuesday | 1:30 - 3 p.m. | 2nd Tuesday of every month held in the billiards room. |
| Mah Jongg | Thursday | 9 a.m. - noon | Mah Jongg drop in. |
| Open Art studio | Wednesday | 10 a.m. - noon | 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. |
| Knitting Group | Thursday | 10 a.m. - noon | Join us for a knitting good time. Prefer to crotchet? That's ok, join us! |
| Rummikub | Daily | 9 a.m. - 4 p.m. | Play rummikub with your fellow peers. Cognitive stimulation while having fun! |

### Fitness Classes

| Classes | When | Time | Description |
|---|---|---|---|
| Beginners Pickleball | Tuesday | 9:30 - 10:30 a.m. | Learn the basics of pickleball. Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. $5.00 per session. |
| Zumba Gold | Monday<br>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 sesion |
| Line Dancing | Monday<br>Gym | 12:30 - 2:30 p.m. | Come enjoy a cardio workout to choreographed dancing. Dance to songs from all over the world! $5.00 per session. |
| Chair Yoga | Tuesday | 10:15 - 11 a.m. | Enjoy yoga from your chair! This is a video based activity. |

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| Zumba | Tuesday<br>Gym | 11 a.m. - noon | Zumba involves dance and aerobic elements. The choreograph incorporate hip-hop, soca, samba, salsa, merengue and other latin dances. $5.00 per session |
| Intermediate Pickleball | Wedsneay | 9:30 - 10:30 a.m. | Now that you know the basics, take on the next level of play! Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. $5.00 per session. |
| Yoga | Wednesday | Noon - 1 p.m. | General Yoga $5.00 per session |
| Line Dancing | Wednesday<br>Gym | 12:30 - 2:30 p.m. | Come enjoy a cardio workout to choreographed dancing. Dance to songs from all over the world! $5.00 per session. |
| Family Zumba | Wednesday<br>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 5-12 only. $5.00 per family, per session. |
| Functional Fitness | Thursday<br>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<br>Gym | 11 a.m. - noon | Zumba involves dance and aerobic elements. The choreograph incorporate hip-hop, soca, samba, salsa, merengue and other latin dances. $5.00 per session |
| Chair Exercise | Friday<br>Gym | 10 - 11 a.m. | Cardio and strength training exercises done seated and standing. This type of exercise is excellent for arthritis, joint related issues, or recovering from injury. $5.00 per session. |
| Yoga | Friday | Noon - 1 p.m. | Yoga $5.00 per session |
| Zumba | Saturday<br>Gym | 9:15 - 10:15 a.m. | Zumba involves dance and aerobic elements. The choreograph incorporate hip-hop, soca, samba, salsa, merengue and other latin dances. $5.00 per session |

Current Session will end on March 5 **| Registration begins February 29 for Monday Line Dancing |** March 1-5 for all other classes.

## Events

| Event | When | Time | Description |
|---|---|---|---|
| Fitness Class Registration | Feb 29 - March 5 | 9 a.m. - 9 p.m. | February 29 is registration for Monday Line Dancing ONLY. Register for all other classes begins March 1. |
| Groundhog Breakfast | 2-Feb | 10 a.m - 1 p.m. | Enjoy breakfast on us! Will spring start early? Or, will it be delayed? Come and find out. |
| Walmart at Fairlakes | 3-Feb | 10 a.m. | Trip of necessity to Walmart at Fairlakes. Not interested in Walmart? There are many shops such as DSW, Target, ULTA, Best Buy, Toys R US, Michaels, Homegoods and much more! |
| Trivia Challenge | 4-Feb | 10:45 a.m. | Use your noggin today. Test your skill or learn something new. |
| Bubble Gum | 5-Feb | 11 p.m. | It's Annual Bubble Gum Day. Let's celebrate with a blowing contest! |
| Fat Tuesday | 9-Feb | 10:30 a.m. | Bring your beads and wear a mask. Let's celebrate Mardi Gras. |
| Make Old Fashioned Valentines Card | 10-Feb | 10:30 a.m. | Let's get ready to celebrate Valentine's Day by making some good old fashioned velentine's day cards. |

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| Valentine Day Social | 11-Feb | 10:45 a.m. | Let's celebrate Valentine's Day with some good laughing, fun and dancing! We will have special entertainment, and guests from Pimmit Hills Senior Center! |
| Fastran Q &A | 11-Feb | all day | Fastran will be available to discuss and answer any questions related to transportation. This is a good time to give feedback. This will occur the second Thursday of every month from 9:45-2:15. |
| High Tea and Scones Social | 12-Feb | 10:30 a.m. | Let's continue the fesitivites from the previous day with some tea and scones today. |
| Chinese Lantern Festival (craft) | 17-Feb | 10:30 a.m. | Let's kick off the Chinese Lantern Festival by creating some lanterns. |
| Concert Series | 18-Feb | 10 a.m. - 1:30 p.m. | We will be going to Fairfax Town Hall to watch their concert series. Please bring your own lunch |
| Painting Birdhouses | 19-Feb | 10:30 a.m. | Who is ready for spring? Let's start welcoming spring by painting some birdhouses. |
| Natural History Museum | 24-Feb | 10 a.m. - 1:30 p.m. | Visit to the Natural History Museum |
| Birthday Celebrations | 25-Feb | 10:30 a.m. | Join us to celebrate those that have a birthday in February and Leap Year! We will have food, bingo and prizes. |
| Wear your blue jeans and eat french fries! | 26-Feb | 10:30 a.m. | Did you know Levi's invented blue jeans this day in 1829. It's also National french fry day. Let's wear blue jeans and eat some fries!. |

## Computer Classes

| Class | When | Time | Description |
|---|---|---|---|
| Music Studio | Monday-Friday | 12:15 - 1:30 p.m.<br>5:30 - 8 p.m. | Open use of music studio |
| Adults Open Lab | Monday-Friday | 12:15 - 1:30 p.m.<br>5:30 - 8 p.m. | No Classes. Computer Use, Printing (Limit Per Person of 5 pages). Open Music Studio Sessions. |
| One on One assistance | Monday | 2 - 3 p.m. | Get personal assistance on how to use a computer, microsoft programs, social media or your own personal devices. |
| Adult Class: Beginners Excel | Tuesday | 1 - 2 p.m. | Navigating tool bar, Entering basic data into excel, using functions, creating formulas, working with worksheets, moving and copying data and much more. After introductory class, we assign exercises on a weekly basis to practice our skills. Basic projects are welcome for one on one help. |
| One on One assistance | Wednesday | 1 - 2 p.m. | Get personal assistance on how to use a computer, microsoft programs, social media or your own personal devices. |
| Adults: Working with Smartphones and Tablets | Thursday | 1 - 2 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. |

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| Adults: Beginners Computer Class (for Spanish Speakers) | Thursday and Friday | 11 a.m. - noon | Class for Spanish Speakers: Learn about the computer: 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. |

## Recreation

| Recreation | When | Time | Description |
|---|---|---|---|
| Badminton | Monday | 11 a.m. - noon | Badminton play |
| Men's Basketball | Tuesday | 10:30 a.m. - noon | Practice skills and play a game or two |
| Coed Indoor Soccer | Tuesday | 12:30 p.m. - 2:30 p.m. | Practice skills and play a game or two. This is for both men and women! |
| Competitive Badminton | Wednesday | 10 a.m. - 11:30 a.m. | Competitive play. |
| Open Pickleball (Beginner/Interm) | Thursday | 9:30 a.m. - 11 a.m. | Are you new to pickleball? Know a thing or two? Come and enjoy a fun game of pickleball! |
| Competitive Pickleball | Friday | 9:30 - 11 a.m. | Competitive play |
| Men's basketball | Friday | 11:15 - 12:45 p.m. | Practice skills and play a game or two |