South County Senior Center

South County Center
8350 Richmond Hwy. suite 325
Alexandria VA 22309

www.fairfaxcounty.gov/ncs

Operating Hours: Monday - Friday 9 a.m. - 4 p.m.
Phone: 703-704-6216, TTY 711

Senior + Program: Days and hours vary

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
Walking Club	Monday - Friday	9 a.m. - 4 p.m.	
Billiards	Monday - Friday	9 a.m. - 4 p.m.	
Cards and Games	Monday - Friday	10 a.m.	
Coffee and Chat	Monday - Friday	10 a.m.	
Mat exercise	Monday/Wednesday/Friday	10:30 a.m.	
Bingo	Wednesday	10:30 a.m.	
Bridge	Wednesday	10:30 a.m.	
Cooking Club with Vivian	Tuesday	10:30 a.m.	Registration required (starting 1/12 - 3/1)
Medium Impact Exercise	Monday/Wednesday/Friday	11 a.m.	
Wheel of Fortune	Monday	11 a.m.	
Computer Lab 1:1	Wednesday	11 a.m.	
Line Dance with Mi	Friday	12:30 p.m.	(starting 1/29 - 3/18)
Sewing and Crafts	Thursday	12:45 p.m.	
Jazzercise with Peggy	Monday	1 p.m.	
Spanish Club	Wednesday	1 p.m.	With Senora Jessica
Walking Group	Tuesday	1 p.m.	
Group Game/ Cognitive stimulation	Monday	10:30 a.m.	
Current events	Wednesday	11 a.m.	
Group Crossword	Thursday	11 a.m.	
Hand Exercises	Thursday	10:30 a.m.	
Mind Bogglers	Monday - Friday	1:45 p.m.	

Classes

Class	When	Time	Description
Civics Class with Dan	Friday	11 a.m.	
Arts and Crafts	2/12/2016	10:30 a.m.	
Nutrition Education	2/1/2016	12:15 p.m.	
Musical entertainment with David Lovins	2/10/2016	12:30 p.m.	
Entertainment by Jim West	2/24/2016	12:30 p.m.	

Special Events/Trips

Event/Trip	When	Time	Description
Bowling at Ft. Belvoir	2/10 and 2/24	10:30 a.m.	Registration required; please bring cash (6.50) to cover bowling & shoe rental costs
U.S. Air Force Band (Hayfield Secondary School, Alexandria)	2/5/2016	3 p.m.	Reservations required. Minimal walking, snacks permitted on bus. Concert star time is p.m.
Walmart	2/18/2016	10:30 a.m.	Registration required
Wegmans	2/25/2016	10:30 a.m.	Registration required
Dollar Tree (Gunston Plaza)	2/4/2016	10:30 a.m.	Registration required
Potomac Mills Mall	2/11/2016	10:30 a.m.	Registration required
Group discussion and Problem solving	2/5 and 2/19	10:30 a.m.	
Crafts	Tuesday	10:30 a.m.	
GMU Nursing students- Health Talk	2/23/2016	12:30 p.m.	
Fire and Safety presentation	2/3/2016	12:30 p.m.	
Group Discussion	2/12 and 2/26	10:30 a.m.	
Group Game	Thursday and 2/19 and 2/26	1 p.m.	

Community Meetings

Meeting	When	Time	Description
South County Advisory Council Meeting	2/3/2016	12:30 p.m.	1st Wednesday of each month. Open to all participants.