

James Lee Senior Center

2855-A Annandale Road Falls Church, VA 22042

www.fairfaxcounty.gov/ncs



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

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

January 2015

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 have conversation.
Board Games	Wednesday	10:30 a.m.	Multiple board games to choose from that provide interaction with participants and keep the mind active.
Senior Men's Basketball	Tuesday & Friday	10 a.m.	All skill level basketball program that helps foster athleticism and improves health.
Senior Women's Basketball	Tuesday	Noon	All skill level basketball program for women that helps foster athleticism and improves health.
Healthy Life Styles	Tuesday	1 p.m.	Group led by Senior+ Public Health Nurse which includes discussions, trivia and other cognitive activities to address health.
Fitness Walk Club	Monday, Wednesday & Friday	1 p.m.	Depending on the weather, participants will walk outside through local neighborhoods or in the gym.
Fitness Walk Club	Tuesday & Thursday	2 p.m.	Depending on the weather, participants will walk outside through local neighborhoods or in the gym.
This and That	Jan. 13, 20 & 27	1 p.m.	Activities with a medical base run by Senior+ Public Health Nurse.
Chair Exercise	Thursday & Friday	10:30 a.m.	Exercises led by Senior+ recreation therapist. Exercises focus on strength, endurance, coordination, range of motion, grip strength and stretching.
Senior Chat	Thursday	1 p.m.	Discussion group led by a Mental Health Therapist.
Zumba	Tuesday	11:00 a.m.	Senior friendly aerobics class that incorporates latin and international dance moves.
Chair Yoga	Wednesday	10:30 a.m.	Run by Senior+ Recreation Therapist which focuses on stretching, flexibility, relaxation and breathing.
Open Blood Pressure Clinic	Jan. 12 & 29	1 p.m.	Blood pressure clinic conducted by Senior+ Public Health Nurse.
Classes			
Classes	When	Time	Description
Ceramics	Monday & Tuesday	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 & Friday	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	Friday	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 Sewing	Wednesday	10 a.m.	Sewing class that brings different ideas of sewing and helps with hand-eye coordination.
Advanced Tai Chi	Jan. 12	12:30 p.m.	Advanced course which involves slow, continuous, circular, shifting movement to stimulate inner energy. It will increase balance and flexibility.
Special Events/Trips			
Special Events/Trips	When	Time	Description
Shopping Trip: Wegmans	Jan 5	10 a.m.	Offering great prices and a wide variety of organic foods at an affordable price.
Field Trip: Dollar Tree	Jan 12	10 a.m.	Offering merchandise at great bargain prices.
Field Trip: Target	Jan 19	10:30 a.m.	Target offers great prices and a wide variety of shopping experiences.
Field Trip: Chinese Buffet	Jan 22	10 a.m.	Popular Chinese buffet that has a wide variety of food at a cost friendly price.
Shopping Trip: Landmark Plaza	Jan 29	10 a.m.	Variety of shops at affordable prices.