

# Kingstowne Center for Active Adults

6488 Landsdowne Center Alexandria, VA 22315



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

Operating Hours: Monday - Friday 9 a.m. to 4 p.m.  
Telephone: 703-339-7676

Schedule of events and activities are subject to change. Please call the facility directly for the most updated information.

## January 2015

### Programs

Program	When	Time	Description
Open Gym	Mon.-Fri.	9 a.m.	
Internet Café	Mon.-Fri.	9 a.m.	
Zumba Gold One/Two	Tuesday/Wednesday	noon/1 p.m./9:15 a.m.	If you are looking for a fun exercise class, this one is for you. This is a high energy Latin inspired dance fitness class. Class fee.
Yoga	Tuesday/Thursday	9:15 a.m.	This class uses breathing techniques and principles of Hatha Yoga to move through standing and floor postures to improve circulation, flexibility, stamina, balance and coordination. Appropriate for individuals who can stand and get up and down from the floor easily. Class fee.
Conversational French club	Wednesday	10:30 a.m.	
Conversational Spanish Club	Wednesday	11:30 a.m.	
Beginner Line Dancing	Wednesday	12:30 p.m.	
Line Dancing with Paula	Monday	1:30 p.m.	
Intermediate Line Dancing	Friday	10:15 a.m.	Class fee
Jazzercise Lite	Monday	11:30 a.m.	This 45 minute class combines moderate aerobics with exercises designed to improve your strength, balance and flexibility.
Tai Chi/Qi Gong	Monday	12:30 p.m.	This class teaches QiGong and Chi Kung stretches and exercises. A traditional "Tai Chi Form" is also performed. Tai Chi is a non-impact form of exercise that improves the practitioner's flexibility, balance, stamina and has been shown to keep one's health issues under control.
Chair Jazzercise	Monday	10:30 a.m.	This is a 55 min. class combines moderate chair aerobics with exercises designed to improve your strength, balance and flexibility. The routines are mixed with seated and standing moves using chair for balance, if needed.
Healthy Heart	Tuesday/Thursday	9:10 a.m.	At the Franconia Moose Lodge. Is an hour long moderate to vigorous workout that incorporates a variety of aerobic moves to increase cardio-vascular fitness, increase muscular strength and endurance, and improve flexibility. Comfortable clothing, sturdy fitness shoes and water bottle are recommended.
KGB Gamers' Club	Thursdays	9 a.m.	
Scrabble Gamers Club	Thursday	2:30 p.m.	
Total body Workout	Monday	9:15 a.m.	Class fee.
Chair Yoga	Friday	11:15 a.m.	
Mahjong Club	Thursday/Friday	12:30 p.m.	Similar to the Western card game rummy, mahjong is a game of skill, strategy and calculation and involves a certain degree of chance.
Integral Tai Chi	Tuesday	2 p.m.	
Integral Tai Chi at KCAA and KL	Thursday	10:30 a.m.	
Line Dancing Club	Monday And Wednesday	7 p.m.	
Mat Pilates Core & More	Thursday/ Friday	1 p.m./9:15 a.m.	Class fee.
Piano Lessons	Tuesdays/Friday	2:30 p.m./2:15 p.m.	Class fee.
Sunshine Store Open	Friday	9 a.m.	All new or clean and in season garments are welcome as well as other household items in good condition.
Bingo	Friday	12:30 p.m.	Designed by the Arthritis foundation, it provides gentle exercise movements that will help overcome pain. Class fee.
Chair & Beyond-Zumba Gold	Wednesday	10:30 a.m.	Class fee.
Pilates	Saturday	9 a.m.	
Balance and Strength	Tuesday	10:30 a.m.	This class is designed to improve one's balance and muscle tone by combining traditional weight work with balance skills, such as standing on one leg, gait pattern variations, seated resist-a-ball exercises and center of gravity work included.
Health and Wellness class	Monday	11:30 a.m.	

### Classes

Class	When	Time	Description
Intermediate Spanish Class	Monday	11:30 a.m.	
Art Class	Monday	12:30 p.m.	At Kingstowne Library. Class fee.
iClassiPoneIPad class	Tuesday	10 a.m.	Reservations required
Mahjong Class	Tuesday	11:30 a.m.	
Bridge Class	Friday	2:30 p.m.	
One on One Computer tutoring	Wednesday	10 a.m.	
ESL class	Wednesday	12:30 p.m.	Registration required.
Computer Clubhouse	Monday	1 p.m.	
Moving and Grooving	Friday	2:30 p.m.	

### Special Events/Trips

Event/Trip	When	Time	Description
Kingstowne Walmart	1/7/2015	10:15 a.m.	Trip of Necessity

Springfield Plaza	1/14/2015	10:15 a.m.	Trip of Necessity
Gunston Plaza	1/21/2015	10:15 a.m.	Trip of Necessity
Cracker Barrel	1/28/2015	10:15 a.m.	Trip of Necessity
Diabetes Self-Management Workshop Series	1/9, 16, 26 and 30	1-3:30 p.m.	Also in Feb. 6 and 13. Held at Kingstown Public Library in partnership with KCAA. If you have a family history of diabetes, pre-diabetes, or a diagnosis of diabetes; or if you care for someone who does, please sign up by calling: Colleen Turner 703-324-5489 (ElderLink: Options for Caregiving, Fairfax County Area Agency on Aging).
January Birthday party	1/30/2015	noon	Registration required. There will be musical entertainment and door prizes. Desserts to share will be most welcomed.
History Club	1/15 and 1/29	12:30 p.m.	
Book Club	1/14/2015	2 p.m.	
Piano Registration open	1/9/2015	9 a.m.	
Kingstowne Toasties	1/15 and 1/29	6:30 p.m.	
HOA	1/22/2015	6:30 p.m.	
<b>Community Meetings</b>			
<b>Meeting</b>	<b>When</b>	<b>Time</b>	<b>Description</b>
KCAA meeting	1/14/2015	6 p.m.	