

Little River Glen Senior Center

4001 Barker Court, Fairfax, VA 22032 703-503-8703, TTY 711



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

Business Hours Monday - Friday 8 a.m. - 4 p.m.

www.fairfaxcounty.gov/ncs

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 Computer Lab	Daily	9 a.m. to 4 p.m.	Open computer lab
Recumbent Bike	Daily	9 a.m. to 4 p.m.	Exercise bike
Kings in the Corner	Daily	10 a.m.	Card game
Group Activity/Group Discussion	Daily	10:15 a.m.	Group discussion or group game.
Lunch	Daily	Noon	Meals are prepared at a high school and delivered daily. Must preorder one day in advance.
Group Activity/Group Discussion	Daily	1 p.m.	Group discussion or group game.
Chair Exercise Video	Daily	3 p.m.	Video led seated exercises.
Creative Crafters	Monday	10 a.m. to 12 p.m.	Create your favorite craft with any type of materials.
Chair Exercise Video	Monday	11 a.m.	Video led seated exercises.
Basic Chinese (Mandarin)	Monday	2 p.m.	Participants can learn and practice basic skills to speak Chinese.
Chair Exercise	Tuesday	11 a.m.	Instructor led seated exercises.
Basic Tap Skills	Tuesday	9:15 a.m.	Basic tap steps
Computer w/Daniel	Tuesday	10 a.m.	Basic computer training
English Conversation	Tuesday	10 a.m.	Learn English grammar, words and phrases.
Mahjong	Tuesday	11:30 a.m.	A social Chinese tile game
Afternoon Tea	Tuesday	1 p.m.	Join us for tea and discussion.
LRG Chorus	Tuesday	1 p.m.	Sing songs in a group. Learn songs for a concert performance.
Knit & Crochet Club	Tuesday	2 p.m.	All levels of knitting and crocheting. Learn about different needles or teach someone about different yarns or patterns.
Open Art Studio	Wednesday	9 a.m. to Noon	Participants learn from each other craft ideas or projects, and help each other learn different skills.
Intermediate Tap B	Wednesday	10 a.m.	Practice choreographed dances to perform at various locations in the county.
Rummikub	Wednesday	10 a.m.	A social American tile game
Spanish Class	Wednesday	10:15 a.m.	Spanish Level 2
Strength & Balance	Wednesday	10:30 a.m.	Activities to increase strength and balance.
Chair Exercise	Wednesday	11 a.m.	Instructor led seated exercises.
Intermediate Tap A	Wednesday	11 a.m.	Practice choreographed dances to perform at various locations in the county.
Bridge	Wednesday	1 p.m.	Card game
Tai Chi Practice Club	Wednesday	1 p.m.	Practice rhythmic patterns of movements and coordinated breathing to help achieve a sense of inner calm.
Tai Chi Practice Club	Wednesday	2 p.m.	Practice rhythmic patterns of movements and coordinated breathing to help achieve a sense of inner calm.
Guitar Club	Wednesday	2:30 p.m.	Learning and practicing guitar.
Computer w/Daniel	Thursday	10 a.m.	Basic computer training
Chair Exercise Video	Thursday	11 a.m.	Video led seated exercises.
Italian Conversation (ACE class)	Thursday	Noon	Sign up thru Adult Continuing Education
Spanish Class	Thursday	12:30 p.m.	Beginning Spanish
Tap Practice (Adv./Performing Tap)	Thursday	1 p.m.	Practice choreographed dances to perform at various locations in the county.
Spanish Class	Thursday	2 p.m.	Spanish Level 2
Advanced/Performing Tap Class	Friday	10 a.m.	Practice choreographed dances to perform at various locations in the county.
Chair Exercise	Friday	11 a.m.	Instructor led seated exercises.
Dresses for Children in Africa	Friday	12:45 p.m.	Cutting and sewing material to make dresses for children in Africa.
Bingo	Friday	12:50 p.m.	Interact socially in a mildly competitive environment.
Basic Chinese (Mandarin)	Friday	3 p.m.	Participants can learn and practice basic skills to speak Chinese.
Classes			
Class	When	Time	Description
Yoga I	Monday	9 a.m.	Yoga using floor mats.
Gentle Yoga	Monday	10 a.m.	Yoga in a chair.

Line Dance	Monday	1 p.m.	Beginner line dancing class.
Body Sculpting	Tuesday	9 a.m.	Increase strength, endurance, balance and overall health.
Jazzercise Lite	Tuesday	10 a.m.	Exercise class using weights, bands and floor mats coordinated with music.
Yoga I	Thursday	9 a.m.	Yoga using floor mats.
Gentle Yoga	Thursday	10 a.m.	Yoga in a chair.
Piano Lessons	Thursday	9 a.m. to 1 p.m.	Play and listen to music. Learn new concepts. (15 minutes per student)
Jazzercise Lite	Thursday	10 a.m.	Exercise class using weights, bands and floor mats coordinated with music.
Voice Class	Thursday	1:15 p.m.	Rehearse songs, focusing on specific techniques needed in each song.
Zumba Class	Friday	10:15 a.m.	Exercise class
Special Events/Trips			
Event/Trip	When	Time	Description
Deborah Dunham Talk	Wednesday, January 7	1 p.m.	Deborah Dunham shares her wisdom on a variety of topics.
Celebrate January Birthdays w/Terry Lee Ryan	Wednesday, January 14	1 p.m.	Celebrate all January birthdays with music by Terry Lee Ryan. We will also have cake for the celebration.
Walmart/Target, Fair Lakes	Thursday, January 8	10:30 a.m.	Shopping trip
Visit by Immanuel Christian School 3rd Graders	Monday, January 12	10:15 a.m.	3rd graders from Immanuel Christian School join in activities with all
Discussion Program w/Yvonne	Monday, January 12	1 p.m.	Join Yvonne for a fun discussion program.
Wegman's, Fairfax	Thursday, January 15	10:30 a.m.	Shopping trip
Walmart/Target, Fair Lakes	Thursday, January 22	10:30 a.m.	Shopping trip
Visit by Immanuel Christian School 3rd Graders	Monday, January 26	10:15 a.m.	3rd graders from Immanuel Christian School join in activities with all
Show & Tell with Lougenia Carnell	Monday, January 26	1 p.m.	Come see what is next to be shared. Bring your own story or item to share with the group.
Shopper's Food Warehouse	Thursday, January 29	10:30 a.m.	Shopping trip