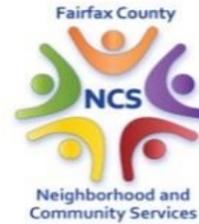


Lewinsville Senior Center

1609 Great Falls Street
 McLean, VA 22101
 Phone: 703-442-9075, TTY 711
 Fax: 703-748-1829
 www.fairfaxcounty.gov/ncs



Operating Hours:
 Monday - Friday: 9 a.m. - 4 p.m.
Business Hours:
 Monday - Friday: 8 a.m. - 4 p.m.
 *Closings: January 1-2, January 19

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
Zumba Gold	Mondays	12:30 - 1:30 PM	Continuous health and wellness program. Program begins January 26, 2015.
Yuan-Ji Dance	Mondays	2:00 - 3:00 PM	Continuous health and wellness program.
Chair Exercise	Tuesdays	10:30 - 11:30 AM	Continuous health and wellness program.
Chair Exercise	Thursdays	10:30 - 11:30 AM	Continuous health and wellness program.
Tai Chi	Thursdays	1:00 - 2:00 PM	Continuous health and wellness program.
Yuan-Ji Dance	Thursdays	2:00 - 3:00 PM	Continuous health and wellness program.
Basic Computer Class with David	Tuesdays and Thursdays	11:00 AM - 1:30 PM	Continuous basic computer learning program.

Classes - Must Sign Up

Class	When	Time	Description
Low Impact Aerobics	Mondays	9:15 - 10:15 AM	Cost \$5/ 8-week Session; Session runs from January 5 - February 27
Low Impact Aerobics	Tuesdays	9:15 - 10:15 AM	Cost \$5/ 8-week Session; Session runs from January 5 - February 27
Line Dancing with Grace	Mondays	10:30 - 11:30 AM	Cost \$5/ 8-week Session; Session runs from January 5 - February 27
Line Dancing with Grace	Mondays	11:30 AM - 12:30 PM	Cost \$5/ 8-week Session; Session runs from January 5 - February 27
Line Dancing with Grace	Wednesdays	10:30 - 11:30 AM	Cost \$5/ 8-week Session; Session runs from January 5 - February 27
Line Dancing with Grace	Wednesdays	11:30 AM - 12:30 PM	Cost \$5/ 8-week Session; Session runs from January 5 - February 27
Line Dancing with Grace	Fridays	12:15 - 1:15 PM	Cost \$5/ 8-week Session; Session runs from January 5 - February 27
Line Dancing with Grace - Beginner	Fridays	1:15 - 2:15 PM	Cost \$5/ 8-week Session; Session runs from January 5 - February 27
Line Dancing with Lily	Fridays	10:00 - 11:00 AM	Cost \$5/ 8-week Session; Session runs from January 5 - February 27
Line Dancing with Lily - Intermediate	Fridays	11:00 AM - Noon	Cost \$5/ 8-week Session; Session runs from January 5 - February 27
Piano Lessons	Wednesdays	1:45 - 3:45 PM	Cost \$10/ 8-week Session; Session runs from January 5 - February 27
Voice Class	Wednesdays	12:45 - 1:45 PM	Cost \$5/ 8-week Session; Session runs from January 5 - February 27
Yoga	Wednesdays	9:15 - 10:15 AM	Cost \$5/ 8-week Session; Session runs from January 5 - February 27
Zumba Gold	Wednesdays	11:00 AM - Noon	Cost \$5/ 8-week Session; Session runs from January 14 - February 27

Special Events/Trips

Event/Trip	When	Time	Description
Fair Lakes Wal-Mart	Friday, January 9	10:15AM - 1:00PM	Trip of necessity to Fair Lakes Wal-Mart.
Red Lobster	Friday, January 16	10:15AM - 1:00PM	Trip of necessity to Red Lobster in Fairfax.
Springfield Town Center	Friday, January 23	10:15AM - 1:00PM	Trip of necessity to Springfield Town Center.
Fair Oaks Mall	Friday, January 30	10:15AM - 1:00PM	Trip of necessity to Fair Oaks Mall.

Community Meetings

Meeting	When	Time	Description
Advisory Council	Wednesday, January 21st	12:45 - 1:45PM	Lewinsville Senior Center is looking for new advisory council members! Open to all, come hear from your Council. We are interested in hearing from new voices with creative ideas for the center!