

Pimmit Hills Senior Center

7510 Lisle Avenue
Falls Church, VA 22043
Phone: 703-734-3338, TTY 711
Fax: 703-748-1835



9:00 a.m. - 4:00 p.m. Weekdays
*Closed: January 1-2, January 19th

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 |
| Chorus | Mondays/Fridays | 10 a.m./11 a.m. | Sing the classics! Song material available in Chinese and English. Folk songs and popular music from both cultures featured. |
| Rummikub | Tuesdays/Wednesdays | 9:30 a.m. | The popular tile game is back! Play with your friends, and make new ones! |
| Backgammon | Tuesdays/Wednesdays | 10 a.m./1 p.m. | Classic game of skill, strategy and luck! One of the oldest games for two players. |
| Chat with Chai | Tuesdays/Wednesdays | 10 :00 a.m. | Hot topics discussion and casual conversation while you enjoy your favorite tea. |
| Open Computer Lab | Tues/Thurs/Fri | 10:30 a.m. | Do your Internet Surfing, Email, Microsoft Office projects, Paint, and so much more here! Four PC's available for member use. |
| Billiards | Tues/Wed/Fri | 1 pm/9:30 am/1 pm | Play pool on one of our full sized tables. All equipment provided. |
| Dominoes: Chicken Foot | Tuesdays/Thursdays | 1:00 p.m. | A popular "train" variation on the Dominoes game. |
| Mahjongg | Wednesdays/Fridays | 11:00 a.m. | Popular Chinese tile game akin to the Western card game of "Rummy". A game of skill, strategy, calculation, and chance. |
| Explore the Internet | Wednesdays | 1:00 p.m. | Surf the web and receive personalized answers to all your questions about basic internet usage! |
| Iranian Music & Dancing | Thursdays | 1:00 p.m. | An exciting way to burn calories after lunch! Join us in traditional Persian folk dance to a variety of Persian music genres. |
| Classes | | | |
| Class | When | Time | Description |
| Ceramics Class | Mondays | 9:30 a.m. | Create your own ceramic masterpiece! No prior experience needed. All skill levels welcome. Materials provided. |
| Watercolors & One Stroke Painting | Mondays | 10:00 a.m. | Learn the basics or refine existing skill in these paint mediums! Special focus on Chinese Art, but all forms are encouraged. No prior experience needed. All skill levels welcome. Materials provided. |
| Asian Arts & Crafts | Mondays | 10:30 a.m. | Explore various creative mediums such as collage, watercolor painting, chalk, pastels, sketch, beadwork and jewelry making. Make a project you can proudly show off or take home and enjoy! All skill levels welcome. Some projects utilize essential components of, and exhibition of Chinese Flair, however many projects feature comprehensive elements of all universal arts and crafts. Materials provided for some projects. Please see instructors for more information. |
| Body & Movement | Mondays | 11:00 a.m. | Introduction to Jazzercise! Enjoy fitness to the latest pop hits! Aerobic stretches and exercises for a total body workout. All skill levels welcome. \$5 per 8 week course. Registration required to participate. |
| Line Dance | Mondays | 1:00 p.m. | Fitness without fuss! Perhaps the funnest way to work out. Explore diversity in line dance styles to a variety of music. No prior experience needed, all skill levels welcome! Registration required to participate. |
| Arthritis Exercise | Tuesdays | 10:30am | Basic stretching and exercises certified by the Arthritis Exercise Foundation. \$5 per 8 courses. Registration required to participate. |
| Arthritis Exercise | Thursdays | 11:00 a.m. | Basic stretching and exercises certified by the Arthritis Exercise Foundation. \$5 per 8 courses. Registration required to participate. |
| Arthritis Exercise | Fridays | 10:00 a.m. | Basic stretching and exercises certified by the Arthritis Exercise Foundation. Registration required to participate. |
| ESOL | Thursdays | 10:00 a.m. | Beginner level instruction on English as a Second Language. All backgrounds welcome! Additional curriculum available for native Farsi speakers. |
| ESOL | Fridays | 9 a.m. | Beginner level instruction on English as a Second Language. All backgrounds welcome! Additional curriculum for native Chinese speakers. |
| Special Events/Trips | | | |
| Event/Trip | When | Time | Description |
| Target | Tuesday, January 13 | 10:30 a.m. | Trip of Necessity to the newest Target location in the Mosaic District of Merrifield. \$1.00/Registration Required. |
| Target | Friday, January 16 | 10:30 a.m. | Trip of Necessity to the newest Target location in the Mosaic District of Merrifield. \$1.00/Registration Required. |
| Old Country Buffet | Tuesday, January 27 | 10:30 a.m. | Trip of Necessity to Fair City Mall located in the heart of Fairfax City. \$1.00/Registration Required. |
| Walmart Super Center | Friday, January 30 | 10:30 a.m. | Trip of Necessity to Fair Lakes Shopping Center in Fairfax. \$1.00/Registration Required. |
| Community Meetings | | | |
| Meeting | When | Time | Description |
| T.O.P.S. | Wednesdays | 10:00 a.m. | Community group for weight loss support. All ages 18+ welcome. Please see staff for more details. |