

Bailey's Senior Center

5920 Summers Lane Falls Church, VA 22044

Deidre Light, Senior Center Director, 703-820-2131, TTY 711



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

March 2016			
Programs			
Programs	When	Time	Description
Coffee Hour	Monday - Friday	9 a.m.	Enjoy a hot cup of coffee and light refreshments.
Tables Games	Monday - Friday	10:30 a.m.	Play your favorite game with friends or learn a new one.
Walk for Fun	Monday - Friday	11 a.m.	Track your steps walking around the gym.
Fitness Room	Monday - Friday	10 a.m.	Utilize free weights or stationary machines.
Quilting Project	Monday, Thursday	Noon	Group project where everyone learns from each other.
Helping Hands Project	Monday	12:30 p.m.	Group craft project encouraging volunteerism and giving back to the community.
Book Club	4th Thursday	12:45 p.m.	Monthly book discussion. Light refreshments served.
Dominos - Rummikub	Monday - Friday	10 a.m. - 1:30 p.m.	Have fun while keeping the mind sharp.
Scrabble for Fun	Monday, Wednesday, Friday	1 p.m.	Classic word game to keep up cognitive skills while having fun with friends.
Classes			
Classes	When	Time	Description
Advance Computer Class	Tuesday, Thursday	Noon	Advanced computer class. Prior computer knowledge required.
Arts & Crafts	Thursday, Friday	10:30 a.m.	Experience a variety of craft projects.
Basic Computer Class	Tuesday, Thursday	Noon	Learn the basics of computer usage.
Chair Exercise	Wednesday	10:30 - 11:30 a.m.	Seated aerobic exercise designed to increase the heart rate while having fun.
Chair Exercise	Tuesday, Thursday	11:15 a.m.	Seated aerobic exercise.
Ceramics Class	Wednesday	11 a.m. - 1 p.m.	Learn the basics of ceramics while painting your own piece.
Knitting	Friday	12:30 p.m.	Learn to knit or brush up on your skills.
Line Dance	Tuesday, Wednesday	12:30 - 2:30 p.m.	Line dance for the advanced dancer.
Tai-Chi Class	Friday	10:30 a.m. - 12:30 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.
Tech Time	Monday, Wednesday, Friday	1 - 2:30 p.m.	Bring your questions and your devices. Get the most out of your mobile device with help using your cell phone, tablet or laptop.
Watercolor Class	1st & 3rd Thursdays	1 p.m.	Learn watercolor basics and brush up on old skills.
Yoga	Monday	10:30 - 11:30 a.m.	Yoga for toning and relaxation.
Special Events/Trips			
Special Events/Trips	When	Time	Description
Blood Pressure Check	TBA	TBA	FREE blood pressure checks.
Trip: Dollar Tree	March 4	10:30 a.m.	Trip of necessity. Visit local shopping centers.
Regional Trip: The Buddy Holly Story	March 9	12:30 p.m.	Trip to Riverside Dinner Theatre to view the play, <i>The Buddy Holly Story</i> . Registration is open NOW .
The Marketplace at Bailey's	March 9	10 a.m. - 2 p.m.	Purchase great items at deep discounts. Proceeds to benefit the Bailey's Senior Center Advisory Council. Market is held the second Wednesday of the month. Donations welcomed.
Trip: Aldi	March 11	10:30 a.m.	Trip of necessity. Visit local shopping centers.
Fire Department	March 14	1 p.m.	Fire Department visit. Informal presentation on keeping your home safe and protected for emergencies.
Bailey's 40th Anniversary	March 16	10:30 a.m.	40th Anniversary Celebration. Bailey's will celebrate with a formal tea.
Birthday Celebration	March 16	12:15 p.m.	Celebrate this month's birthday with cake and singing. Enter the drawing to win a prize.
Fastran Feedback	March 16	10 a.m. - 2 p.m.	Monthly visit from Fastran staff. Learn about transportation options available through the county. Ask questions or share concerns.
Trip: Fair City Mall	March 18	10:30 a.m.	Trip of necessity. Visit local shopping centers.
Trip: Renwick Gallery of Art	March 21	10:30 a.m.	Tour of the Renwick Art Gallery in Washington, DC.
Meet the Staff	March 23	10:30 a.m.	Meet the staff here at Bailey's, learn what everyone does and how they can be of service to you. Gain knowledge on the services available through the senior center.
Nutritionist Visit	March 23	Noon	Informal presentation on various food and nutrition related topics.
Trip: Walmart	March 25	10:30 a.m.	Trip of necessity. Visit local shopping centers.
Community Meeting			
Meetings	When	Time	Description
Senior Roundtable	Wednesday, March 23, 2015	1 p.m.	Monthly senior meeting to discuss programming ideas and get feedback from participants. Senior Center Participants have an opportunity to voice questions and concerns about the center in an open forum.
Senior Citizen's Council Meeting	Friday, March 25, 2015	10 a.m.	Learn about services and opportunities for seniors and senior groups in Fairfax County. Held at Fairfax County Heritage Building (Region 2 Office).