

# Hollin Hall Senior Center

1500 Shenandoah Road, Alexandria VA 22308



Operating Hours: 9 a.m. - 4 p.m.

Phone: 703-765-4573, TTY 711

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

Program	When	Time	Description
Billiards Open	Monday-Friday	9 a.m.	
Strength Training with Patty	Monday/Wednesday	9 a.m.	
Exercise with Elena	Monday	9 a.m.	
Exercise with Laura & Judy	Wednesday/Friday	9 a.m.	
Art room	Friday	9 a.m.	
4H's Bridge Club	Monday	10 a.m.	
V.I.P Group	Monday/Wednesday	10 a.m.	
Jazzercise Lite	Monday/Tue./Thu. and Fri.	10 a.m./10:15 a.m./11 a.m.	This program has become so popular here at Hollin Hall that we are adding another class to the schedule. Be fierce with this fat-burning cardio and muscles workout. Build balance and flexibility, tone your whole body and charge up your metabolism with pulse-pounding beats, modified movements and lower intensity for all fitness levels.
Piano Club	Monday	10 a.m.	
Low impact exercise	Monday/Wednesday	11 a.m.	
Pinochle	Monday/Thursday	Noon	Is a trick-taking card game typically for two to four players and played with a 48 card deck.
Art with Irinea	Monday	1 p.m.	
Spanish with Harry	Monday	2 p.m.	
Billiards Boutique	Monday/Wednesday	2 p.m.	
Tai Chi Intermediate	Tuesday	8:10 a.m.	
Meditation	Tuesday	9:15 a.m.	
Exercise for Men with Celez	Tuesday/Thursday	9:15 a.m.	
Strength Training	Tuesday/Thursday	9:30 a.m.	
Exercise with Rosita	Tuesday/Thursday	10 a.m.	
Chicago Bridge	Tuesday	1 p.m.	
Mah Jong	Tuesday/Friday	1 p.m.	
The Needleworkers	Tuesday	1 p.m.	Kaps for Kids
Table Tennis	Tuesday/Friday	1 p.m./noon	
Conversational Spanish	Tuesday	1 p.m.	
MVGS library open	Tue/Wed/Thu	10 a.m. - 2 p.m.	
Computer discussion with Bob	Tuesday	9:30 a.m.	
Tai Chi Advanced	Wednesday	8:10 a.m.	
Canasta	Wednesday	10 a.m.	A card game of the rummy family of games believed to be a variant of 500 Rum. Although many variations exist for two, three, five or six players, it is most commonly played by four in two partnerships with two standard decks of cards.
Exercise with Gloria	Wednesday/Friday	10 a.m.	
Exercise w/Elena	Wednesday	11 a.m.	
Duplicate Bridge	Wednesday/ Thursday	11:45 a.m.	
Conversational French	Wednesday	2 p.m.	
Dancing	Wednesday	2 p.m.	
Tai Chi Beginning	Thursday	8:10 a.m.	
Knitting class	Monday	10 a.m.	Participants will learn the basics of knitting: casting on, the knit stitch, the purl stitch and binding off. Additional projects may be making an item and reading a pattern. Supplies to bring to class are: Size 8 single pointed 9 inch long knitting needles and one skein of yarn. Yarn needs to not have ribbon or suede in it...just plain yarn of any type. Avoiding dark colors is a good idea! Reservations Required – Sign up in Orange Binder-(classes run until the end of May)
Open Sew	Monday	Noon	Participants need to have basic sewing skills and a working sewing machine to bring to class. Class will involve reading patterns, laying out patterns and troubleshooting sewing problems had by sewers. This class will be student focused. If you have a sewing problem, this class is for you! Or, if you want to sew for 2 hrs. , join us. Reservations Required – Sign up in Orange Binder-(classes run until the end of May)
Sewing class	Monday	2 p.m.	With Diane Tippins! Reservations Required – Sign up in Orange Binder. CLASS WILL BE LIMITED TO 10 Members
Wii Bowling	Thursday	10 a.m.	
Figure Drawing	Tue./Thu.	11:30 a.m./1 p.m.	Join us for a new way to exercise your brain. According to a study conducted by Newcastle University in England*, figure drawing for three hours a week over a two month period improved performance on a battery of mental abilities tests including memory, far better than vigorous walking or doing word puzzles for the same amount of time. No experience in art classes? No matter! The focus of the class will be brain exercise, not improved drawing ability. But don't be surprised if that happens, too! Some classes will have live models. *http://www.bbc.com/news/magazine-33505017. Sign Up in Orange Binder. Twice a Week Commitment
Conversations/ Square table	Tuesday	2 p.m.	
Guitar Lessons	Wednesday	6 p.m.	
American kenpo	Wednesday	8 p.m.	
Band	Thursday	11 a.m.	
Ancient Art of Belly Dancing	Thursday	1 p.m.	
Scrabble	Thursday	1 p.m.	
Int. Tap Dance	Thursday	2:30 p.m.	
Theatre Group	Friday	1 p.m.	
Mexican Train Dominoes	Friday	9:30 a.m.	
Harmonica	Friday	11 a.m.	
Line dance with Paula	Wed/Friday	2 p.m./ noon	
Singing Group	Thursday	1 p.m.	
Party Bridge	Friday	1 p.m.	
Open Billiards	Friday	2 p.m.	

### Classes

Class	When	Time	Description
Alexandria Memories	3/15/2016	1 p.m.	3rd Monday of each month.

Military History	3/14 and 3/28	10 a.m.	2nd and 4th Monday of each month. March 14: Civil War Reconstruction led by Ed Murphy. March 28: Korea and Vietnam led by Jack Lilley. Drop-In
Welcome Wagon	3/21/2016	1 p.m.	3rd Monday of each month. The "Welcome Wagon" is a wonderful opportunity to tour the center with one of our volunteers. This is a new member orientation. You can ask questions and learn more about center programs and volunteering opportunities. If you are new, you will receive a phone call inviting you to one of these sessions. If you have been here for awhile and missed the "Welcome Wagon" well, 'git' on board and join Jan Kestyn !
Cozy Mystery Book Club	3/14/2016	1 p.m.	2nd Monday of each month. Will be discussing The Whole Enchilada by Diane Mott Davidson (A Goldy Schulz Caterer Mystery Series) See Patti Bruch, Assistant, for Book.
MV Quilters Unlimited	3/8 and 3/22	12:30 p.m.	Meets every 2nd and 4th Tuesday of each month in room 112 and for Quilt Bees the 1st and 3rd Tuesday of each month in room 216.
Antique Club	3/16/2016	9:30 a.m.	3rd Wednesday of each month. All About Airplanes – from the Wright Brothers to Now! Presented by Tony DiFerdinando, retired Air Force pilot. Free and Open to the Public
MVGS General meeting	3/15/2016	1 p.m.	3rd Tuesday. Reenacting Your Ancestors by Charles Bedfield Free - Public Invited!
Book Club	3/23/2016	1 p.m.	4th Wednesday of each month. The Education of Little Tree by Forest Carter See Veronica Cartier to Sign Out Book in Office
Friday History Group	3/11 and 3/25	10 a.m.	meets 2nd and 4th Friday of each month The Fall and Rise of China. Drop-In
"The Other Book Club"	3/25/2016	11 a.m.	4th Friday. will be discussing Chief Inspector Gamache – The Long Way Home by Louise Penny See Julie Ellis, Director, for Book
Alexandria Ikebana International	3/2/2016	9:30 a.m.	1st Wednesday of each month. Good Bye, Winter: CHICO with figurines. Demonstrator: Patricia Painter/Sogetsu School. Drop-In
MV House and Garden Club	3/9 and 3/23	9:30 a.m.	2nd and 4th Wednesday of each month. "Staging and First Impressions" – by Bobbie Bruce, Interior and Exterior Designer. Drop-In
Parkinson Support Group	3/2/2016	1:30 p.m.	1st Wednesday of each month.
Model Railroad Club	3/17/2016	10 a.m.	3rd Thursday of each month. Trans-Siberian Express discussion. Drop-In
AARP General Meeting	3/4/2016	1 p.m.	1st Friday of each month
New York Memories	3/18/2016	10:30 a.m.	3rd Friday of each month. The New York City Fire Museum and Fireboats. Drop-In
Photo Club	3/11/2016	10 a.m.	2nd Friday of each month
Turning Points in Modern History	3/11 and 3/25	10 a.m.	2nd and 4th Friday. The Fall and Rise of China February 12 – Cracks in the Monolith, 1957-1958 and The Great Leap Forward, 1958-1960 February 26 – Demise of the Great Leap Forward, 1959-1962 and "Never Forget Class Struggle" 1962-1965 Drop-In
Yoga for everybody	Tuesday	3:45 p.m.	Chris Howell returns! Yoga For Everybody. Reservations Required – Sign up in Main Office – 8-Week Session. Dress comfortably in loose clothing. Bring yoga mat, blanket or towel
Live Band	3/18/2016	7:30 p.m.	3rd Friday of each month. Hollin Hall Senior Center, 1500 Shenandoah Road. Open to All in the Community! \$4 at the Door! Live Band - Owen Hammett, conductor. Refreshments
Stamp Club	3/18/2016	2 p.m.	3rd Friday of each month
<b>Special Events/Trips</b>			
<b>Event/Trip</b>	<b>When</b>	<b>Time</b>	<b>Description</b>
Healthy Eating Club with Becky	3/7/2016	12:30 p.m.	Book Discussion – "Animal Vegetable Miracle, A Year of Food Life", by Barbara Kingsolver, who recounts her family's experiment of eating local and growing and raising their own food. Pick up book in office. Reservations Required - Sign up in Orange Binder
Mt. Vernon Genealogical Society	3/7/2016	10 a.m.	MVGS Workshop: Entering Information onto Find-a-Grave presented by Linda MacLachlan Class limited to 12 people – Register w/MVGS
Card Making Class with Chuck Mason!	3/2/2016	10 a.m.	Card Making Class with Chuck Mason! - \$10. Per session. Take home approximately 5 handcrafted one-of-a-kind greeting cards! Sign up and Pay in Main Office
The World of Chagall	3/9/2016	10:30 a.m.	The World of Chagall: Visions and Dreams of Russia, Paris, and Bella – presented by Art Historian, Joan Hart. Few artists have combined fantasy and tradition as expressively as Marc Chagall. Highlighted will be many of the renowned works of art he created during his long career, his relationship with his beloved wife, along with a virtual tour of Chagall's brilliant stained glass windows commissioned by the Rockefellers for their family church along the Hudson River in New York. Reservations Required – Sign up in Orange Binder
Winter Interlude – Part IV Self Portraits		10:30 a.m.	True Self, New Self: Learn how to see yourself in a new light with help from self-portrait paintings, starting with the master Rembrandt through our own times. Reservations Required – Sign up in Orange Binder
New! Hollin Hall Doo Wop Club	3/8/2016	10:30 a.m.	Remember those great songs of the fifty's and early sixty's?. Songs by the Platters, Flamingoes, and Dion and the Bellmonts? Doo Wop was played on the radios and jukeboxes by groups of say 3-5 singers where the lead would sing of love, etc. while the rest of the group would harmonize basically singing nonsense lyrics (doo wop, sha la la, and so forth). This March meeting in the initial quarterly meeting of the club. Reservations Required but No Experience Necessary! Sign up in Orange Binder
NEW!! – Advisory Council sponsored GAME NIGHT	3/9/2016	5:30 p.m.	Join us on the second Wednesday of every month. A casual atmosphere along with beverages and munchies will keep everyone fueled up and ready to play. Learn a new game – Meet someone new – Lead a new game! BANANAGRAMS? EUCHRE? Or Rummikub, Mexican Train Dominoes, or Mah Jongg—whatever it may be. After all, having fun is what it's all about, right? Sign up in Orange Binder
Visiting Chef presents: Demonstration with Peter Lattul	3/9/2016	12:30 p.m.	peter shows us how to make his Tuscan Spelt Soup Farro, or spelt, is an ancient grain that was used by Romans to feed their legions. Sign up in Orange Binder – Spaces are Limited
Health and Wellness Discussion Group	3/10/2016	1 p.m.	short and cold. Some of us may struggle more in the darker season of winter. Let's explore why some struggle with Seasonal Affective Disorder and how to get help. Sign up in Orange Binder
'Color Me Calm' with Lyn Vencus	3/1, 8, 15, 22 and 29	2 p.m.	weekly, 8 sessions. Put down your electronics and give life to a favorite childhood pastime that is enjoying regained popularity - coloring for adults! Coloring is being encouraged because it offers complete absorption by engaging both our creative and tactical skills. When using both sides of the brain, we surrender to the moment - moving into a state of calmness. Psychologists have noted that colors themselves carry therapeutic qualities and actually affect our mood. 'Color Me Calm' brings an additional dimension to this fun activity – doing it as a group. Allow your creativity to unfold naturally alongside others, in a safe, non-judgmental environment as you share ideas or simply listen. Come join us and return to a simpler time of life. All are invited. No experience. No pressure. No judgment. Colored pencils and detailed illustrations (paisleys, mandalas, nature designs, etc.) will be provided. Reservations Required – Sign up in Orange Binder

Tax Relief for Seniors and People with Disabilities	3/11/2016	10 a.m.	This program assists individuals who are 65 years or older or permanently and totally disabled to obtain relief from real estate and personal property ("Car Tax") TAXES. In addition, this office administers a program to provide tax relief for renters for residents who qualify. Applicants must meet certain income and asset eligibility requirements. Registration Required - Sign Up in Orange Binder - Open to the Public
Bazaar Crafters Organizational meeting	3/15/2016	10 a.m.	This month we will be crafting the snowflake button ornaments that we did for the last bazaar and cute Reindeer ornaments (easy! – everything included in the kits). All are welcome. No experience required. Reservations Required – Sign up in Orange Binder
NEW!! Country Western Line Dance Lessons!	3/14 and 3/28	1 p.m.	Join Taylor Johnson (from Service Source) twice a month on Mondays to learn the fundamentals of Country Western Line Dancing. Taylor will aim to teach 1 or 2 dances each session with Fun Steps and Fun Music! Boots Encouraged But Not Mandatory! Reservations Required – Sign up in Orange Binder
Mt. Vernon Genealogical Society:	3/17/2016	10 a.m.	Things I Wish I Knew when I Got Started! Presented by Charles S. Mason, Jr.
Fourth Quarter Athletes: Mastering the 100+ Lifestyle Game presented by Dave Lloyd and Anne Drissel.	3/18/2016	1 p.m.	This session will focus on how to use simple nutrition, exercise, and mental state to achieve a good quality of life for those who aspire to live 100+ years! Ann (75) and Dave (76) developed their personal exercise and "live fully" lifestyle in their 70's and are enjoying the results of their efforts! Reservations Required – Sign up in Orange Binder
Annual St. Paddy's Day Luncheon	3/23/2016	Noon	Well Blarney! It's that time of year again! Entrée provided (corned beef, cabbage, carrots, potatoes). Drinks, dessert offered, too. Sign up in Main Office w/\$7.00 meal donation. Reservations required. Deadline to sign up is Wednesday, March 16
Travels with Conne! – Back by Popular Demand !-	3/29/2016	2 p.m.	Conne will continue with this repeat series with a presentation of "One Week in Oaxaca" Featured are highlights from a very personalized tour of the town and the surrounding areas, which are famous for many different crafts plus natural and archeological sites. Among the highlights in the video are Oaxaca's town square, city streets, and varied churches, a demonstration of colorful dances from many local areas, the Santo Domingo Cultural Center (museum), and archeological sites. Also included are impressive detailed demonstrations of many local crafts: making Mezcal (similar to Tequila), Woodcarving, Pottery, Backstrap Weaving, and Carpet Weaving. And Conne got lost while documenting the huge Ocotlán Market...Reservations Required – Sign up in Orange Binder
Trip to the Renwick Gallery	3/12/2016	10:15 a.m.	WONDER exhibition -Nine leading contemporary artists-Jennifer Angus, Chakaia Booker, Gabriel Dawe, Tara Donovan, Patrick Dougherty, Janet Echelman, John Grade, Maya Lin and Leo Villareal-are each taking over different galleries in the building, creating site-specific installations inspired by the Renwick. Together, these installations will turn the building into a larger-than-life work of art. Lunch at GCDC, a Grilled Cheese Bar. Sign up in Main Office and Indicate if you'll be joining for lunch. Charter Trip/Fastran \$1.00 Pay Day of Trip
Bus Boys and Poets	3/2/2016	10:15 a.m.	Feed your mind, body and soul where art, politics and culture collide (Shirlington)
Guapo's	3/9/2016	10:15 a.m.	Family owned fine Mexican Cuisine. Feb. 2015 Voted Best Salsa in D.C. by Fox 5 News. Top Nachos in the U.S. by Wall Street Journal (Shirlington)
Samuel Becketts Irish Gastro Pub	3/16/2016	10:15 a.m.	Get your Irish on! Come and get a jump-start on celebrating St. Paddy's Day! Traditional Irish menu with a shop where you can purchase T-Shirts, Irish bread and chocolates! (Shirlington)
T.H.A.I.	3/23/2016	10:15 a.m.	Sophisticated Thai cuisine using fresh local produce and meats based on Old World recipes and Thai street food. (Shirlington)
Carlyle Grand Cafe	3/30/2016	10:15 a.m.	One of the Great American Restaurants – Award winning food. Stop at Best Buns Bread Company next door and take home yummy bread served in the Great American restaurants
<b>Community Meetings</b>			
<b>Meeting</b>	<b>When</b>	<b>Time</b>	<b>Description</b>
Advisory Council	3/3/2016	10 a.m.	All encouraged to attend. 1st Thursday of each month.