

Lewinsville Senior Center

1609 Great Falls Street
McLean, VA 22101
Phone: 703-442-9075, TTY 711
Fax: 703-748-1829



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.

March 2015

Programs

Program	When	Time	Description
Zumba Gold	Mondays	12:30 - 1:30 PM	Continuous health and wellness program.
Yuan-Chi Dance	Mondays	2:00 - 3:00 PM	Continuous health and wellness program.
Bio-Energy Chi Gong	Tuesdays	10:30 AM - 11:30 AM	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-Chi Dance	Thursdays	2:00 - 3:00 PM	Continuous health and wellness program.
Computer Class with David	Tuesdays and Thursdays	11:00 AM - 1:30 PM	Continuous basic computer learning program. Located at the Old Firehouse.

Classes - Must Sign Up

Class	When	Time	Description
American Mah Jongg	Tuesdays	10:30 AM - Noon	Program is free, but space is limited. Sign up is required. Session runs February 3 - March 24.
Bridge Class	Thursdays	2:30 - 4 PM	Program is free, but space is limited. Sign up is required. Session runs March 12 - April 23.
Low Impact Aerobics	Mondays	9:15 - 10:15 AM	Cost \$5/ 8-week Session; Session runs from March 2 - April 24.
Low Impact Aerobics	Tuesdays	9:15 - 10:15 AM	Cost \$5/ 8-week Session; Session runs from March 2 - April 24.
Line Dancing with Grace	Mondays	10:30 - 11:30 AM	Cost \$5/ 8-week Session; Session runs from March 2 - April 24.
Line Dancing with Grace	Mondays	11:30 AM - 12:30 PM	Cost \$5/ 8-week Session; Session runs from March 2 - April 24.
Line Dancing with Grace	Wednesdays	10:30 - 11:30 AM	Cost \$5/ 8-week Session; Session runs from March 2 - April 24.
Line Dancing with Grace	Wednesdays	11:30 AM - 12:30 PM	Cost \$5/ 8-week Session; Session runs from March 2 - April 24.
Line Dancing with Grace	Fridays	12:15 - 1:15 PM	Cost \$5/ 8-week Session; Session runs from March 2 - April 24.
Line Dancing with Grace - Beginner	Fridays	1:15 - 2:15 PM	Cost \$5/ 8-week Session; Session runs from March 2 - April 24.
Line Dancing with Lily	Fridays	10:00 - 11:00 AM	Cost \$5/ 8-week Session; Session runs from March 2 - April 24.
Line Dancing with Lily - Intermediate	Fridays	11:00 AM - Noon	Cost \$5/ 8-week Session; Session runs from March 2 - April 24.
Piano Lessons	Wednesdays	1:45 - 3:45 PM	Cost \$10/ 8-week Session; Session runs from March 2 - April 24.
Voice Class	Wednesdays	12:45 - 1:45 PM	Cost \$5/ 8-week Session; Session runs from March 2 - April 24.
Yoga	Wednesdays	9:15 - 10:15 AM	Cost \$5/ 8-week Session; Session runs from March 2 - April 24.
Zumba Gold	Wednesdays	11:00 AM - Noon	Cost \$5/ 8-week Session; Session runs from March 2 - April 24. Located at the Old Firehouse.

Special Events/Trips

Event/Trip	When	Time	Description
Fair Lakes Wal-Mart	Friday, March 6	10:15AM - 1:00PM	Trip of necessity to Fair Lakes Wal-Mart.
Cracker Barrel	Thursdays, March 12	10:15AM - 1:00PM	Charter trip to Cracker Barrel in Dulles.
Shoppers at Seven Corners	Friday, March 13	10:15AM - 1:00PM	Trip of necessity to Shoppers at Seven Corners.
Fair Lakes Target	Friday, March 20	10:15AM - 1:00PM	Trip of necessity to Fair Lakes Target.
Fair Oaks Mall	Friday, March 27	10:15AM - 1:00PM	Trip of necessity to Fair Oaks Mall.

Community Meetings

Meeting	When	Time	Description
Advisory Council	Monday, March 16	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!