

Wakefield Senior Center

8100 Braddock Road, Annandale VA 22003
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AGNES TARBETT—Director
REBECCA BOONE—Assistant Director

Operating Hours
Monday-Friday 9 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 |
|--------------------|---------------|------------------------|---|
| Coffee Social | Monday-Friday | 9 a.m. - 10 a.m. | A daily chance to catch up. |
| Open Computer Lab | Monday-Friday | 9 a.m. - 3:00 p.m. | Computers available for anyone who needs access. Free Wi-Fi available. |
| Puzzle Hour | Monday-Friday | 10:15 a.m. - 11 a.m. | Puzzles, games, and other brain teasers, held daily, to keep mentally sharp. |
| What's New | Monday-Friday | 12:30 p.m. - 1 p.m. | News about activities and opportunities available to Center visitors and members. |
| Art Lab | Mondays | 10 a.m. - 1 p.m. | Seniors show their creativity by working on their own art projects. |
| Dresses for Haiti | Mondays | 11 a.m. - 2 p.m. | Members and community volunteers make dresses for young ladies in need in Africa and Haiti. |
| Invitation Bridge | Tuesdays | 12:30 p.m. - 3 p.m. | An invitation only bridge group to match players' abilities. |
| Open Bridge | Wednesdays | 12:30 p.m. - 3 p.m. | Open Bridge, some experience necessary. No lessons given. |
| Bingo | Fridays | 12:30 p.m. - 1:30 p.m. | Lots of winners, lots of happy players. |
| Craft Work Project | Fridays | 1 p.m. - 3:30 p.m. | Create Teddy Bears for children at INOVA Fair Lakes Hospital. |

Classes

| Class | When | Time | Description |
|----------------------|------------|------------------------|--|
| Inner Joy with Joan | Mondays | 1 p.m. - 2 p.m. | Find Inner Peace in this free class. |
| Silver Surfers | Tuesdays | 10 a.m. - 11:30 a.m. | One-on-one computer tutoring. Free Wi-Fi available. Free class. |
| Line Dancing | Tuesdays | 10 a.m. - 11 a.m. | Intermediate class for fun and relaxation. Last class March 10th, restarts March 31st. \$5 for all 8 classes. |
| Zumba Gold | Wednesdays | 9:15 a.m. - 10:05 a.m. | Latin dance moves and music to get you into shape and brighten your day. Free class. |
| Exercise with Teresa | Wednesdays | 10:30 a.m. - 11:30.m. | Each 8 week session is designed to target a specific muscle group, plus cardio. First class March 18th, last class May 6th. \$5 for all 8 classes. |
| Yoga with Jean | Thursdays | 1 p.m. - 2 p.m. | Instructor teaches you postures to center your energy. First class March 12, last class May 14th. No class 4/9 & 4/16. \$5 for all 8 classes. |

Special Events/Trips

| Event/Trip | When | Time | Description |
|---------------------------------------|---------------------|------------|---|
| Fair Oaks Mall | Thursday, March 5 | 10:15 a.m. | Trip of necessity to Fair Oaks Mall in Fairfax. \$1 bus fee. |
| Fair City Mall | Thursday, March 12 | 10:15 a.m. | Trip of necessity to Fair City Mall. \$1 bus fee. |
| US Postal Museum-Charter Trip | Tuesday, March 17 | 10:15am | Far more than stamps! Come and see! \$1 bus fee. |
| St. Patrick's Day Social | Tuesday, March 17th | 12:15am | Join us at the social to have a shamrocking day! |
| Springfield Plaza | Thursday, March 19 | 10:15 a.m. | Trip of necessity to Springfield Plaza. \$1 bus fee. |
| Walmart-Burke | Thursday, March 26 | 10:15 a.m. | Trip of necessity to Wal-mart on Fairfax Blvd. \$1 bus fee. |
| Birthday Celebration | Friday, March 27 | 12:30 p.m. | Celebrate everyone with a March birthday! |
| Mt. Vernon Estate-Charter Trip | Friday, March 31 | 10:15am | Visit George Washington's Estate on the Potomac \$14 entrance fee + \$1 bus fee |

Guest Speakers

| | | | |
|------------------------------|---------------------|------------|--|
| Maureen Mallette | Tuesday, March 3 | 11:05 a.m. | Nutrition. |
| Weylene from Fire and Rescue | Wednesday, March 4 | 12:30 p.m. | Prevention of Falls. |
| Bob Mitchell, Numismatist | Tuesday, March 10 | 10:45 a.m. | Speaking on coins and coin collecting. |
| Kristine, Aging Specialist | Wednesday, March 25 | 12:30 p.m. | Area Agency on Aging |

Community Meetings

| Meeting | When | Time | Description |
|----------------------|--------------------|------------------------|--|
| WSC Advisory Council | Wednesday, March 4 | 10:30 a.m. | Monthly meeting of the Wakefield Senior Center Advisory Council. |
| NVSO | Tuesday, March 10 | 1 p.m. - 3 p.m. | Monthly meeting of Northern Virginia Senior Olympics. |
| NVSS | Friday, March 20 | 12:45 p.m. - 2:45 p.m. | Monthly meeting of Northern Virginia Senior Softball. |