Lincolnia Senior Center

4710 North Chambliss Street Alexandria, VA 22312

Operating Hours:
Monday - Friday 9 a.m. to 4 p.m.
Wednesdays 9 a.m. - 6 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.
Karen Albers, Senior Center Director, 703-914-0330, TTY 711

November 2014

Programs

Program	When	Time	Description
Weekly Craft with Frankie	Thursday	10:30 a.m.	This open craft time is designed to get your creative juices flowing. Supplies will be provided as well as guidance from our crafty guru, Frankie. She can supply ideas based on time of year or holiday, or she can assist with your own brilliant craft ideas!
Billiards	Monday - Friday Wednesday	9 a.m. - 3:45 p.m. 9 a.m. - 6 p.m.	Lincolnia has a state of the art billiards room equipped with tables the professionals would eagerly use! Practice on your own, or meet with friend and start a tournament. Lessons are available, just ask the front desk.
Blood Pressure Clinic	****Call for selecteed dates****	10:30 a.m.	Senior-Plus registered nurse leads bi-monthly blood pressure clinics.
Bridge	Monday	1 p.m.	This group plays bridge in a casual setting. If you enjoy a relaxed atmosphere, not overly concerning yourself about minor mistakes, then please join the open bridge group.
Chinese Painting	Monday	10 a.m.	Around 12 people participate in this group each week. Some of the group members have been taking Chinese painting for over 15 years! Everyone works at his/her own pace and on whatever project they have chosen. Experience in Chinese painting is required. Please bring your own supplies.
Current Events	Monthly: 1st Wednesday	10 a.m.	Sessions are led by a professional facilitator and built upon the personal experience and knowledge of the participants. This course is a discussion of the current issues of the day including politics, economy, health care, technology, local, state and national electors/candidates, scientific breakthroughs, foreign affairs, and general cultural issues. Sessions are led by a professional facilitator and built upon the personal experience and knowledge of the participants.
Dollmakers	Tuesday	10 a.m. - Noon	A friendly group that makes teaching dolls for area hospitals to use with their young patients. Doctors first demonstrate on the doll so the child will be more comfortable with their up coming procedure. The child then keeps their very own teaching doll.
History with Real Professors	Thursday	10:30 a.m.	This course is on the American Revolutions, starting with the end of the French and Indian War (1756-1763) and going through up to the American Revolutions, the Articles of Confederation, the Constitutional Convention, and the Presidencies of George Washington and John Adams. It stops with the presidential election of 1800.
Knit & Crochet for Others	Thursday	10:30 a.m.	Would you like to donate your time to help others in need? Do you like to knit or crochet in your free time? Would you like to learn how to knit or crochet? If you answered yes to any of these questions, join the knit and crochet for others group. Fellowship, learning, and service encompasses this group and their mission to help others in need.
Machine Knitters	Monthly: 2nd Wednesday	10 a.m.	Learn new skills at workshops and learn techniques from others. Demonstration machine provided. Experienced machine knitters are welcome. Please stop by the group to inquire.
Mahjong	Wednesday, Thursday, Friday, Sunday	1 p.m.	The Mahjong game is an ancient Chinese tile game and is similar to the Western "Gin Rummy" game. There is a diversified range of Mahjong that uses pretty parallel basic rules, but different scoring and different plans, special hands, and tile combination. It consists of 144 tiles plus a wind indicator (4) and 3 dice. Mahjong is also called a solitaire game due to the resemblance. Most doctors in China call Mahjong the best way to prevent Alzheimers Disease.
Party Bridge	Wednesday	9 a.m.	If you enjoy playing the game of bridge in a relaxed atmosphere, not overly concerning yourself about minor mistakes, by yourself or others, or about becoming a "Master," then Party Bridge may be right for you.
Rummikub	Monday - Friday	12:30 p.m.	A game for all ages! Be the first player to eliminate all the tiles from your rack by forming numerical sets of runs or groups of numbers. Create runs of numerical tiles or 3 tiles of different colors. If you cannot make a play from your rack then you must draw from the stack. We play without time limits and scores, making it easier and just for fun.
Table Tennis	Wednesday & Friday	1 p.m.	Play for fun or by your own rules. Paddles and ping pong balls are provided.

Classes

Class	When	Time	Description
Aerobics I	Friday	10:15 a.m.	This class is low impact aerobics. The class is also suitable for those unable to get down on the floor or who must sit in chairs to exercise. The class includes weight bearing, warm-ups, resistance training, balance, coordination, flexibility, and stamina. Participants should bring a mat for floor exercise (if appropriate) and a set of 2-or-3 pound weights. Dynabands and dowels will be used and can be purchased from the instructor.
Aerobics II	Friday	11:15 a.m.	This class is moderate impact aerobics designed for seniors. The class is also suitable for those unable to get down on the floor or who must sit in chairs to exercise. The class includes weight bearing, warm-ups, resistance training, balance, coordination, flexibility, and stamina. Participants should bring a mat for floor exercise (if appropriate) and a set of 2-or-3 pound weights. Dynabands and dowels will be used and can be purchased from the instructor.
Aerobics III	Monday & Thursday	9:15 a.m.	This class is high impact aerobics designed for seniors. The class includes weight bearing, warm-ups, resistance training, balance, coordination, flexibility, and stamina. Participants should bring a mat for floor exercise and a set of 2-or-3 pound weights. Dynabands and towels will be used and can be purchased from the instructor.

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Class	**When**	**Time**	**Description**
Tai Chi	Monday, Tuesday, Thursday	9:15 a.m.	This is an excellent class for stress relief. Tai Chi is a healthy, non-impact exercise and effective martial art. It features slow and graceful movements suitable for producing and maintaining general physical fitness and overall health.
Chair Exercise Live	Monday, Tuesday, Friday	11:15 a.m.	Seated Chair Exercise has never been this much fun! Utilize stretch bands, weights, and your own enthusiasm in order to maximize this thirty minute workout. Sitting has never been so productive!
Zumba	Tuesday	10:15 a.m.	Zumba exercises include music with fast and slow rhythms, as well as resistance training. The music comes from the following dance styles: cumbia, salsa, merengue, mambo, flamenco, chachacha, reggaeton, soca, samba, belly dancing, bhangra, hip hop music, axé music and tango. Participants enjoy the dance moves and keep coming back for the great workout.
Stretch & Tone	Wednesday	9:15 a.m.	The purpose of this class is to improve muscular strength, endurance and flexibility. Both muscular strength and muscular endurance are important for overall health. Benefits include an improved ability to perform everyday activities, decreased risk of injury, improved posture, balance/symmetry, and, most importantly, fall prevention. Participants are in a seated or in a standing position during the workout. Each class includes 4 major activities: warm-up, stretches, Dynaband work, and cool-down.
Arthritis Exercise	Thursday	10:30 a.m.	Arthritis exercise starts with gentle stretching and slow movement. After warming up your muscles and joints, the movement will gradually increase to a much faster pace. All participants should take their own pace and comfort for this exercise. This is part of the Arthritis Foundation Exercise Program. All the exercise steps are repeated. The purpose of this exercise is to strengthen muscles and joints, increase range of motion, reduce muscle fatigue, and reduce stress. With each exercise step you will learn proper breathing techniques. The exercise routine includes the following 5 steps: warm-up, head to toe range of motion, standing muscle work out, endurance, and cool down.
Ballroom I & II	Wednesday	10:30 a.m.	Ballroom Dancing is for all who wish to participate. It is music of “sentimental forties,” i.e. foxtrot, rumba, waltz, cha cha, swing, triple swing, mamba, bosa nova, Viennese waltz, and special requests. This is an excellent opportunity for those taking ballroom dance lessons to have an opportunity to practice at a reasonable cost.
Ballroom III	Wednesday	11:30 a.m.	Join instructor Fred Long, for a course in the foundations of ballroom. You do not need a partner, so come with your dancing shoes and a basic knowledge of Ballroom dancing.
Ballroom with Technique	Monday	11 a.m.	Ballroom Dancing is for all who wish to participate. It is music of “sentimental forties,” i.e. foxtrot, rumba, waltz, cha cha, swing, triple swing, mamba, bosa nova, Viennese waltz, and special requests. This is an excellent opportunity for those taking ballroom dance lessons to have an opportunity to practice at a reasonable cost.
Advanced Quick Step	Tuesday	11:30 a.m. - 1 p.m.	Focusing specifically on Quick Step, this workshop-style class will improve your technique while providing you enjoyment.
Tap	Monday & Thursday	1 p.m.	This group is better known as the Snappy Tappers and is designed for the more advanced tap dancer. Rommie has been a volunteer instructor for this class for 22 years and the group has performed over 300 times. In this class you will learn routines to perform across Fairfax County and Northern Virginia as well as design costumes and develop your own routines.
Beginning Tap	Wednesday	Noon - 12:45 p.m.	This is an introduction course for the Snappy Tappers. You will learn the basics of tap, as well as routines that you will perform at recitals across Fairfax County and Northern Virginia. This group provides great exercise and will keep you young!
Open Ballroom Dancing	Tuesday	1 p.m.	Join fellow ballroom dancers for a DJ dance. Tango, waltz, foxtrot, and the hokey pokey are all among the dances enjoyed by all. $2 at the door or sign up for a ten dance session.
Intermediate Line Dancing with Kat	Wednesday	1 p.m.	Kat spans decades of music in order to teach popular line dances. From Michael Jackson to Psy, she will show dances that are done at the biweekly Northern Virginia Country Western Dance Association gathering here at Lincolnia Senior Center.
Beginning Line Dance with Joan	Friday	1 p.m.	Get ready to shake a tail feather as Joan has lots of energy and will keep you going nonstop! This class is designed for beginners and advanced students alike.
Advanced Line Dancing with Susie	Saturday	10 a.m. - Noon	Susie leads a powerful line dance class with both old and new steps. This class is geared towards intermediate/advanced line dancers. You certainly will be sweating!
Ballroom Practice	Friday	1 p.m.	Open ballroom practice to anyone who wishes to hone their skills. There will be no instructor present.
Sunday Tea Dance	Sunday	2 - 4 p.m.	Join fellow ballroom dancers for a DJ dance. Tango, waltz, foxtrot, and the hokey pokey are all among the dances enjoyed by all. $2 at the door or sign up for the ten dance sessions.
Hula for Exercise	Friday	10:30 a.m.	A fun-filled combination of standing and seated exercises that include Qigong and Hula movements with a backdrop of Hawaiian music.
Qigong	Friday	9:15 a.m.	Vivian Takafuji will help you relax and find your chi. You will find balance and a calm environment.
Spanish Conversation Group	Monday	12:45 p.m.	This group happily accepts new members who want to expand their knowledge of the Spanish language. All levels welcome.
ESL	Tuesday	12:45 p.m.	This class is designed for those learning English as a second language. There is a focus on everyday conversational English phrases such as “How are you?” "What is your name?” “Nice to meet you, " and other basic phrases in the English language.
Beginner Mahjong	Thursday	12:30 p.m.	Robert Chen is an experienced player and teacher. You will begin with the basics of Mahjong and is lead in the traditional Chinese style. Each lesson will be one hour.
Bridge Class	Wednesday	2:30 p.m.	This course is designed for beginning players and for students who would like to improve their skills. You will be taught the skills and knowledge of how to be a good bridge player all while having fun! The course will review rules for Party Bridge and Rubber Bridge.
Autumnal Flower Arrangements	Nov. 19	10:30 a.m.	Join Assistant Director Liz White as she leads this program arranging seasonal centerpieces for the annual Thanksgiving Luncheon. Sign up in advance at the front desk!

Special Events/Trips			
Special Event/Trip	**When**	**Time**	**Description**
Field Trip: Holocaust Museum	Nov. 4	10:15 a.m. - 1:30 p.m.	The U.S. Holocaust Memorial Museum inspires citizens and leaders worldwide to confront hatred, prevent genocide, and promote human dignity. The museum is a living memorial to the Holocaust. $1 for the bus ride.
Shopping Trip: Whole Foods	Nov. 7	10:15 a.m. - 1:30 p.m.	Trip of necessity! Join us for shopping experiences around the local area. Trips will be to area shopping centers, farmer's markets, shopping malls, and clothing stores. Get your weekly shopping done without parking your car. Sign up in advance. The trip requires a minimum of 5 people. Transportation fee is $1.
Shoping Trip: Dollar Tree Field Trip: Lorton Senior Center	Nov. 14	10:15 a.m. - 1:30 p.m.	Trip of necessity! Join us for shopping experiences around the local area. Trips will be to area shopping centers, farmer's markets, shopping malls, and clothing stores. Get your weekly shopping done without parking your car. Sign up in advance. The trip requires a minimum of 5 people. Transportation fee is $1.
Shopping Trip: Aldi Grocery Store	Nov. 21	10:15 a.m. - 1:30 p.m.	Trip of necessity! Join us for shopping experiences around the local area. Trips will be to area shopping centers, farmers markets, shopping malls, and clothing stores. Get your weekly shopping done without parking your car. Sign up in advance. The trip requires a minimum of 5 people. Transportation fee is $1.
Thanksgiving Luncheon	Nov. 20	Noon	Enjoy seasonal culinary classics and give thanks with all of Lincolnia. Sign up in the lunch reservation book. If you are not already enrolled in the Congregate Meal Program, you must pay the guest fee of $8.50.
Thanksgiving Performance	Nov. 20	10:45 a.m.	Mary Ann Jung from the National Theatre will reenact Margaret Brent of Maryland. Margaret Brent was the first woman lawyer in the New World 1600's. This pilgrim-themed reenactment will be followed by the annual Thanksgiving Luncheon.
Piano Recital	Nov. 21	12:45 p.m.	The students who study Piano with Severina will perform for all of Lincolnia. Come and enjoy these students' hard work!
Community Meetings			
Meeting	**When**	**Time**	**Description**
Advisory Council	Nov. 12	10 a.m.	Elected representatives meet once a month to discuss issues concerning Lincolnia Senior Center. Any participant or community member is welcome and encouraged to be present at this monthly meeting.