

Lewinsville Senior Center

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



www.fairfaxcounty.gov/ncs/

Operating Hours:
 Monday - Friday: 9 a.m. - 4 p.m.
Business Hours:
 Monday - Friday: 8 a.m. - 4 p.m.
Closings: Veterans Day November 11, 2014
Thanksgiving Holidays November 27-30, 2014

Schedule of events and activities are subject to change. Please call the facility directly for the most updated information.

November 2014

Programs

Program	When	Time	Description
Yuan-Ji Dance	Mondays	2:00 - 3:00 PM	Continuous health and wellness program.
Chair Exercise	Tuesdays	10:30 - 11:30AM	Continuous health and wellness program.
Chair Exercise	Thursdays	10:30 - 11:30AM	Continuous health and wellness program.
Tai Chi	Thursdays	1:00 - 2:00PM	Continuous health and wellness program.
Yuan-Ji Dance	Thursdays	2:00 - 3:00 PM	Continuous health and wellness program.
Basic Computer Class with David	Tuesdays and Thursdays	11:00AM - 1:30PM	Continuous basic computer learning program.

Classes - Must Sign Up

Class	When	Time	Description
Low Impact Aerobics	Mondays	9:15 - 10:15 AM	Cost \$5/ 8-week Session; Session runs from October 27 - December 19
Low Impact Aerobics	Tuesdays	9:15 - 10:15 AM	Cost \$5/ 8-week Session; Session runs from October 27 - December 19
Line Dancing with Grace	Mondays	10:30 - 11:30 AM	Cost \$5/ 8-week Session; Session runs from October 27 - December 19
Line Dancing with Grace	Mondays	11:30 AM - 12:30 PM	Cost \$5/ 8-week Session; Session runs from October 27 - December 19
Line Dancing with Grace	Wednesdays	10:30 - 11:30 AM	Cost \$5/ 8-week Session; Session runs from October 27 - December 19
Line Dancing with Grace	Wednesdays	11:30 AM - 12:30 PM	Cost \$5/ 8-week Session; Session runs from October 27 - December 19
Line Dancing with Grace	Fridays	12:15 - 1:15 PM	Cost \$5/ 8-week Session; Session runs from October 27 - December 19
Line Dancing with Grace - Beginner	Fridays	1:15 - 2:15 PM	Cost \$5/ 8-week Session; Session runs from October 27 - December 29
Line Dancing with Lily	Fridays	10:00 - 11:00AM	Cost \$5/ 8-week Session; Session runs from October 27 - December 19
Line Dancing with Lily - Intermediate	Fridays	11:00 AM - Noon	Cost \$5/ 8-week Session; Session runs from October 27 - December 27
Piano Lessons	Wednesdays	1:45 - 3:45 PM	Cost \$10/ 8-week Session; Session runs from October 27 - December 19
Voice Class	Wednesdays	12:45 - 1:45 PM	Cost \$5/ 8-week Session; Session runs from October 27 - December 19
Yoga	Wednesdays	9:15 - 10:15 AM	Cost \$5/ 8-week Session; Session runs from October 27 - December 19
Zumba Gold	Wednesdays	11:00AM - Noon	

Special Events/Trips

Event/Trip	When	Time	Description
Toys for Tots Donation Drive	11/3/14 - 12/1/14	All Day	Donate new toys so kids can have something to open on Christmas!
Wal Mart (Fairfax, VA)	Friday, November 7	10:15AM - 1:00PM	Shopping trip.
Wegmans (Fairfax, VA)	Friday, November 14	10:15AM - 1:00PM	Shopping Trip.
Peggy Alee Performance	Wednesday, November 19th	10:30 - 11:30AM	Performing Peggy Lee & Doris Day Songs
Golden Coral (Manassas, VA)	Thursday, November 20	10:15AM - 1:00PM	Lunch trip
Amish Market (Germantown, VA)	Friday, November 21	10:15AM - 1:00PM	Shopping trip.

Community Meetings

Meeting	When	Time	Description
Advisory Council	Wednesday, November 19th	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!