

South County Senior Center

South County Center
8350 Richmond Hwy. suite 325, Alexandria VA 22309



www.fairfaxcounty.gov/ncs/

Operating Hours: Monday - Friday 9 a.m. - 4 p.m.
Telephone: 703-704-6216, TTY 711

Senior + Program: Days and hours vary

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
Walking Club	Monday - Friday	9 a.m.- 4 p.m.	
Billiards	Monday - Friday	9 a.m.- 4 p.m.	
Cards and Games	Monday - Friday	10 a.m.	
Coffee and Chat	Monday - Friday	10 a.m.	
Mat exercise	Monday/Wednesday/Friday	10:30 a.m.	
Walking Group	Tuesday	1 p.m.	
Medium Impact Exercise	Monday/Wednesday/Friday	11 a.m.	
Mind Bogglers	Mon., Wed. Thu. And Fri.	1:45 p.m.	
Chair Yoga	Thursday	11:30 a.m.	
Wheel of Fortune	Monday	11 a.m.	
Sewing and Crafts	Thursday	12:45 p.m.	
Bingo	Wednesday	10:30 a.m.	
Bridge	Wednesday	10:30 a.m.	
Line Dancing	Friday	12:30 p.m.	
Senior Chat with Susanne	Tuesday/ Wednesday	1:15 p.m.	
Low Impact Chair Exercise	Friday	11:30 a.m./11:15 a.m.	
Wii Bowling	Tuesday	11 a.m.	
Healthy Lifestyles with Malinda	Thursday	1:15 p.m.	
Sit and Stretch	Tuesday	11:30 a.m.	
This & That/ Cognitive Stimulation	Friday	1:15 p.m.	
Spanish Club	Wednesday	1 p.m.	
Classes			
Class	When	Time	Description
Computer Tutoring 1 on 1 session	Monday	10 a.m.	
Computer lab	Wednesday	11 a.m.	
Open computer lab	Tuesday	10:30 a.m.	
Jazzercise Class	Monday	12:45 p.m.	
Civics Class with Dan	Fridays	11 a.m.	
Special Events/Trips			
Event/Trip	When	Time	Description
Landmark Mall	11/4/2014	10:30 a.m.	Trip of necessity. \$1 bus fee. Lunch is on your own. Advance reservation required.
Potomac Mills Mall	11/18/2014	10:30 a.m.	Trip of necessity. \$1 bus fee. Lunch is on your own. Advance reservation required.
Walmart-Kingstowne	11/25/2014	10:30 a.m.	Trip of necessity. \$1 bus fee. Lunch is on your own. Advance reservation required.
Trip to MLK Memorial	11/6/2014	10:30 a.m.	Charter Trip. Advanced reservations required. \$1 Fastran Fee. Please bring cash if interested in purchasing items at the visior's center. Modertate walking, wear comfortable shoes.
US Army Band-Hylton Performing Arts center	11/11/2014	6 p.m.	Reservations are required. \$1 Fastran fee. Free entry. Concession stand sells food, please bring cash. Moderate walking required, wear comfortable shoes.
Musical Entertainment	11/5/2014	12:30 p.m.	With Peggy. Free. Advanced reservation may be required, check with staff.
Fire and Safety	11/5/2014	12:15 p.m.	With Mary and Wyleng. Free, Advanced reservations may be required.
The Scoop on Diabetes	11/7/2014	1:15 p.m.	Free.
AMF Bowling	11/12 and 11/26	12:15 p.m./ 10:30 a.m.	Reservations are required. Please bring cash (\$10) to cover bowling and shoe rental costs.
COPD awareness	11/14/2014	1:15 p.m.	Free.
healthy Skin Education	11/21/2014	1:15 p.m.	Free.
Arts and Crafts	11/6/2014	11 a.m.	Free.
Trivia	11/13 and 11/20	11 a.m.	Free.
Open Blood Pressure Clinic	11/10, 21 and 24	10:30 a.m.	Free.
Moment of Remembrance with our Veterans	11/10/2014	12:30 p.m.	Free.
Nutrition Education	11/3/2014	12:15 p.m.	Free.
Poetry with Peter	11/17/2014	10:30 a.m.	
Community Meetings			
Meeting	When	Time	Description
South County Advisory Council Meeting	11/5/2014	12:30 p.m.	1st Wednesday of each month. Open to all participants.