Providence Senior Program

3001 Vaden Drive, Fairfax, VA 22031
Phone: 703-865-0520, TTY 711

Senior Program Hours: Monday - Friday 9 a.m. to 4 p.m.
We will be closed Monday, July 4.

www.fairfaxcounty.gov/ncs

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

July 2016

Programs

Programs	When/Where	Time	Description
Lunch	Monday - Friday	Noon - 12:30 p.m.	Please see staff for requirements to join program.
Brain Games	Monday	11:15 - 11:45 a.m.	Stimulate your brain!
Keep calm and carry on. An intergenerational program	Monday	11 a.m. - noon	All ability levels: Beginners to advanced. Prefer to do needlework? That's ok, join us! We love to socialize too! Joins us in the Sensory room with SACC. Fun for all generations!
Cards	Monday - Friday	9 a.m. - 4 p.m.	Play bridge, canasta, 21, slap jack, solitare etc.
Rummikub	Monday - Friday	9 a.m. - 4 p.m.	Play rummikub with your fellow peers. Cognitive stimulation while having fun!
Mah Jongg	Monday - Friday	9 a.m. - 4 p.m.	Mah Jongg drop in.
Book Club	2nd Tuesday	1:30 - 3 p.m.	2nd Tuesday of every month held in the billiards room.
Open Art studio	Wednesday	10 a.m. - noon	Bring your own supplies. The open arts studio provides the perfect opportunity for communal self- critique of art pieces as well as general socializing among peers.
Knitting Group	Thursday	10 a.m. - noon	Join us for a knitting good time. Prefer to crotchet? That's ok, join us!
Senior Sensory Experience	Tuesday/Thursday	12:30 - 1:30 p.m.	Come relax or stimulate your senses in the sensory room!

Fitness Classes

Classes	When	Time	Description
Zumba Gold	Monday Gym	10 - 11 a.m.	Zumba for adults 50 and older who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity. The choreograph incorporates hip-hop, soca, samba, salsa, merengue and other latin dances. $5.00 per sesion
Yoga	Monday Classroom 1	6:30 - 7:30 p.m.	General Yoga for adults 19+. $5.00 per session. Can only register for one morning and one evening Yoga class. Max of 20
Chair Yoga	Tuesday/Wednesday	10:15 - 11 a.m.	Enjoy yoga from your chair! This is a video based, free activity.

Zumba	Tuesday Gym	11 a.m. - noon	Zumba with Celia involves dance and aerobic elements. The choreograph incorporate hip-hop, soca, samba, salsa, merengue and other latin dances. $5.00 per session
Yoga	Wednesday OFF SITE	Noon - 1 p.m.	General Yoga for Senior Members Only. $5.00 per session. Can only register for one morning and one evening Yoga class.This class is being held off site. Please refer to address given at time of sign up.
Line Dancing	Wednesday Gym	12:30 - 2:30 p.m.	Come enjoy a cardio workout to choreographed dancing. Dance to songs from all over the world! $5.00 per session.
Yoga	Wednesday Sensory Room	6:30 - 7:30 p.m.	General Yoga for adults 19+. $5.00 per session. Can only register for one morning and one evening Yoga class. Max of 8.
Family Zumba	Wednesday Gym	6:30 - 7:30 p.m.	Join Anya for some family fun Zumba. Zumba will feature kid friendly routines based on original Zumba choreography. Families with children 5-12 only. $5.00 per family, per session.
Functional Fitness	Thursday Gym	9:30 - 10:30 a.m.	Low to mild intensity, aerobic fitness class. Use of moderate weights is encouraged. $5.00 per session
Zumba	Thursday Gym	11 a.m. - noon	Zumba with Celia involves dance and aerobic elements. The choreograph incorporate hip-hop, soca, samba, salsa, merengue and other latin dances. $5.00 per session
Zumba	Thursday Multripurpose room 1	6:30 - 7:30 p.m.	Zumba with Brittanye. Involves dance and aerobic elements. The choreograph incorporate hip-hop, soca, samba, salsa, merengue and other latin dances. $5.00 per session
Chair Exercise	Friday Gym	10 - 11 a.m.	Cardio and strength training exercises done seated and standing. This type of exercise is excellent for arthritis, joint related issues, or recovering from injury. $5.00 per session.
Yoga	Friday OFF SITE	Noon - 1 p.m.	General Yoga for adults 19+. $5.00 per session. This class is being held off site. Please refer to address given at time of sign up.
Zumba	Saturday Gym	9:15 - 10:15 a.m.	Zumba involves dance and aerobic elements. The choreograph incorporate hip-hop, soca, samba, salsa, merengue and other latin dances. $5.00 per session

Current Class Session will end on May 7

Events

Event	When	Time	Description
4th of July Picnic Celebration	1-Jul	10:30 a.m.	Celebrate 4th of July.
Franciscan Monastery	6-Jul	10 a.m. - 1:30 p.m.	Group Trip to Franciscan Monastery in Washington D.C. to learn about sacred shrines, tour the chapel and gardens, or shop in the gift shop. Space is limited sign up in the front desk. Cost: $3.00, includes tour and transportation. Please bring your own lunch
Dog Days of Summer	7-Jul	10:30 a.m.	Social
Applique Art	12-Jul	10:30 a.m.	Arts and Crafts
Applique Art	13-Jul	10:30 a.m.	Arts and Crafts
Fastran Q&A	14-Jul	9:30 a.m. - 2 p.m.	This is a great opportunity to ask fastran questions regarding transportation to the center, and resources available outside the center. This is also a great time give suggestions, or express any concerns regarding transportation to the center.
Presentation by Fairfax Fire and Rescue	14-Jul	10:30 a.m.	“Every Step of the Way” presentation by the Fairfax Fire and Res-cue Department. The presentation provides fire and home safety education. Receive a free file of life: magnetic pouch used to store allergies, illness and medications on your refrigerator for emergency responders.
Chinese Checkers Social	15-Jul	10:30 a.m.	Social

Admiral Tilp	20-Jul	10 a.m. -1:30 p.m.	Take a cruise on the Potomic River. Cost is $11 for cruise and $1 for transportation. Please bring your own lunch. You may NOT eat on the boat.
Cowboy Up Birthdays	21-Jul	10:30 a.m.	Let's celebrate all July birthday's!
Summer Tie Dye	26-Jul	10 a.m.	Bring your own white shirt and lets Tie Dye.
Wegman's	27-Jul		
Ice Cream Cone Break	28-Jul	10:30a.m.-11:30a.m.	Eat ice cream and socialize
Summer Tie Dye	29-Jul	10 a.m.	Continue working on Tie Dye shirts.

Computer Classes

Class	When	Time	Description
Music Studio	Monday - Friday	12:15 - 1:30 p.m. 5:30 - 8 p.m.	Open use of music studio
Adults Open Lab	Monday - Friday	12:15 - 1:30 p.m. 5:30 - 8 p.m.	No Classes. Computer Use, Printing (Limit Per Person of 5 pages). Open Music Studio Sessions.
Adult Class: Beginners Excel	Tuesday	2 - 3 p.m.	Navigating tool bar, Entering basic data into excel, using functions, creating formulas, working with worksheets, moving and copying data and much more. After introductory class, we assign exercises on a weekly basis to practice our skills. Basic projects are welcome for one on one help.
One on One assistance	Wednesday	2 - 3 p.m.	Get personal assistance on how to use a computer, microsoft programs, social media or your own personal devices.
Adults: Working with Smartphones and Tablets	Thursday	2 - 3 p.m.	Basic understanding of smartphone use to make calls, to retrieve messages, to text, to download apps. Basic understanding of Tablet use to take and store pictures, to organize pictures, to transfer pictures from tablet to PC, to download and upload images.

Recreation

Recreation	When	Time	Description
Open Pickleball Play	Tuesday	9 - 10:30 a.m.	Pickleball Play for all levels.
Senior Coed Soccer	Tuesday	6:30 - 8 p.m.	Coed Soccer
Badminton	Wednesday	9 - 10:30 a.m.	Open badminton play
Men's Basketball	Wednesday	10:30 a.m. - 12:15 p.m	Practice skills and play a game or two
Men's Basketball	Friday	11 a.m. - 12:45 p.m.	Practice skills and play a game or two