



Fairfax County

Neighborhood & Community Services

Sully Community Center

Address:

13800 Wall Road,
Herndon, VA 2017

Hours: Monday - Saturday

9 a.m. – 9 p.m.

Phone: 703-322-4475, TTY 711

MARCH, APRIL, and MAY 2024

PROGRAMS / ACTIVITIES

Title	When	Time	Description
School Aged Childcare (SACC)	Monday - Friday	7 a.m. - 10:30 a.m. and 2:30 p.m. - 6:15 p.m.	Children and Youth Program. Before and after school care for K-6 th grade. SACC promotes the well-being of individuals, families, and communities by providing affordable, safe, and educational care for children before and after school and full day care during FCPS breaks. Please call 703-449-8989 to register.
Teen Afterschool Program	Monday - Friday	2:30 p.m. – 6 p.m.	Out-of-school programming provides a structured and engaging environment for teens in grades 7th - 12th graders. Teens will participate in recreational games and activities, STEAM, homework help, cultural, arts, mentoring, fitness, nutrition, and leadership opportunities. Activities are facilitated by staff.
Teen in Action Spring Camp “Turn the Page”	Monday 03/25 – Friday 03/29	9:00 a.m. – 5 p.m.	TIA spring camp provides a structured and engaging environment for teens in grades 7th - 12th graders. Teens will participate in recreational games and activities, STEAM, cultural, arts, mentoring, fitness, nutrition, and leadership opportunities. Registration is required.

Sully Senior Program	Monday - Friday	8 a.m. – 4 p.m.	This program is to engage with older adults in our community and provide a supportive environment that encourages them to be active physically and mentally. The center provides physical, educational, and social activities for active adults aged 50+. Lunch and transportation may be available upon request and may require a fee. Please see senior staff for more information. <i>Please see the senior calendar for a detailed schedule.</i>
SACC Spring Camp	Monday - Friday	7 a.m. – 6:15 p.m.	The School Aged Childcare camp provides fun, safe and educational care for children in kindergarten - sixth grade during school vacation (winter break). Registration is required.
Therapeutic Recreation Services	Monday - Friday	11 a.m.-7 p.m.	Therapeutic Recreation Services provides opportunities for children and adults with disabilities to develop the skills that enable them to participate in the recreation and leisure programs of their choice. The inclusion specialist provides services and programs for individuals of all abilities, allowing and promoting access to the sensory space to all participants.
HealthWorks for Northern Virginia	Monday, Wednesday - Friday Tuesdays	8 a.m. - 5 p.m. 8 a.m. – 8 p.m.	HealthWorks provides comprehensive primary health care services. Services include are: Comprehensive primary medical care for ages newborn and up, including laboratory, pediatric dentist, and behavioral health. Please call 703-443-2000 for more information.
Women, Infants, and Children (WIC) Program	Monday - Friday	8 a.m.- 4:30 p.m.	Breastfeeding promotion and support are provided by the WIC Program through assistance and education, peer counselors, classes, supplies, and equipment.
Shepherd's Center of Western Fairfax Count	Monday – Friday (One visit per week)	3-4 hours (variable) daily.	SCWFC offers free transportation for necessary medical and Western Fairfax Christian Ministry Food Pantry appointments for those unable to drive themselves. Please call for more information.
Homework Help	Monday - Friday	3:30 p.m. – 4:30 p.m.	Teen Program. Programs provide support and help to participants for completing school assignments and projects. Participants need to register in the teen afterschool program.

FAMILY PROGRAM

Title	When	Time	Description
Teen Friday Night	1 st and 3 rd Friday of the month. (March 01, 15 April 05, 19 May 03, 17)	6 p.m. – 8 p.m.	Come to Sully where you can play basketball, chess, board games, VR, drones and more! Teens must be registered members with Sully Teen Community Center to participate.
Family Night	March 22 “Women’s history month” April 26 “Earth Day” May 24 “Planting Extravaganza”	6 p.m. – 8 p.m.	Families are welcome to join us for a night of cultural exchange and family engagement. Fun games, art & crafts, and snacks. This program is for the whole family. (All ages)
Family Games Night	Mondays	6 p.m. – 7 p.m.	Test your skills with fun, fast paced games that challenge your brain! Practice and increase your STEM skills. For populations ranging from seniors to youth, families will be provided with access to boards, cards, games to play together as a family. Ages (8+)
Easy English Class for life	Saturdays	11 a.m. – 1:00 p.m.	This class is designed to build your language skills. You will learn the skills that you need to communicate for everyday life: reading instructions, communicating at school, applying for Job, interviews, and more. Participants must be 18+ years old.
DIY Teen Crafts and Jewelry Making Club	Tuesdays	5:30 p.m. – 6:30 p.m.	Celebrate your love of crafting! Make and take home your choice of a craft, explore the expansive category of needlecrafts, including crochet, and knitting and jewelry making projects. All materials are provided Only for Middle and High schoolers. Teens must be register in the afterschool program.
Teens Spring Art Class	Wednesdays	5 p.m.– 5:45 p.m.	Come and join us for an evening of creativity while learning basic painting techniques. Only for Middle and High schoolers. Teens must be register in the afterschool program.
Spring Art Class 101	Wednesdays	6 p.m. – 6:45 p.m.	This class will teach the basics of drawing and painting techniques using physical mediums! increase your sense of control, creativity, and self-esteem, and meet new friends by joining our adult art class. Participants must be 18+ years old.

<p>Art and Crafts with Munny and Grace</p>	<p>2nd and 4th Saturday of the month. (March 9 and March 23: St. Patrick's Day theme and Spring theme) April 13 and April 27: Spring and Easter theme May 11 and May 25: Spring and Summer theme)</p>	<p>11 a.m. – Noon.</p>	<p>This program is for youth (younger than 13 years old) and their parents. Come to join us to spend family time together while having fun and making creative projects.</p> <p>General membership is required for all participants.</p>
<p>Fashion forward friends</p>	<p>1st and 3rd Friday of the Month (Mar 1 & 15, Apr 5 & 19, May 3 & 17)</p>	<p>5 p.m. – 6:30 p.m.</p>	<p>This program is for teenagers (13+ years old). Hair, make-up, nails and much, much, more! Beautify yourself, or just hang out! Teens must be register in the afterschool program.</p>
<p>Family Open Gym</p>	<p>Tuesday - Friday Tuesday, Wednesday, Thursday (Pre-school age) Saturdays</p>	<p>6 p.m. – 7 p.m. 1 p.m. – 2 p.m. 10:30 am – Noon.</p>	<p>Bring your family and shoot some basketball or kick around a soccer ball. Parents/Guardians must always stay with their children. Family gym time is for families with children under 13 years old. Parents and children must have a membership. **On 3/02 gym schedule will change from 10a-5pm. Due to NCS Intramural games.</p>
<p>Family STEAM</p>	<p>March 22nd, April 26th, May 24th</p>	<p>5:00 p.m.- 6:00 p.m.</p>	<p>Come and join an inclusive fun night for the whole family! Families will be exposed to various sensory and STEAM activities ranging from yoga, meditation, art, science and more! Enjoy this family time as we learn, explore, and grow together!</p>
<p>Inclusive Open Gym</p>	<p>2nd Friday of the month (March 8, April 10, May 12)</p>	<p>7 p.m. – 8:30 p.m.</p>	<p>Teens with disabilities and a parent/caregiver are invited to join us for basketball, pickleball, and badminton. Parents and children must have a membership.</p>
<p>Introduction to Computer Graphics</p>	<p>Tuesdays and Wednesdays</p>	<p>5:00 p.m. – 7:00 p.m.</p>	<p>Learn photo editing basic skills using Pixlr, including:</p> <ul style="list-style-type: none"> · Navigating the software interface · Photo retouching/combining two images · Working with layers <p>Class for 18+ years old. Beginning March 12.</p>

FITNESS CLASSES

Title	When	Time	Description
Supervised Exercise Room (Senior/Adults)	1st Saturday of the month (March 02, April 06, May 04)	10 a.m. – Noon.	One-on-one session with an instructor for scheduling time for a training/orientation on how to use the exercise equipment and machines. Supervise time in exercise room. Please call to schedule a 30 min. session. A center general membership is required.
Fitness Equipment	Monday - Saturday	9 a.m. – 9 p.m.	Use fitness equipment for a fun workout. This room is available for adults and teenagers 14+ years old. A center general membership is required. **Center is closed on May 25 and May 27.
Gentle Mat Yoga with Holly	Mondays <i>Yoga Room</i>	9 a.m. – 10:15 a.m.	Gentle Yoga focuses on strengthening, stretching, and balance with poses standing, kneeling, and lying on the mat. Breathing exercises and basic meditation are also practiced. Beginners and advanced beginners are welcome! A center general membership is required. **Center is closed on May 27.
S.A.I.L with Julian	Mondays <i>(Gym)</i>	10:30 a.m. - 11:30 a.m.	Stay Active for Independent Living (S.A.I.L.) is a strength, balance, and fitness program for adults 50+. The entire curriculum of activities in the SAIL program can help improve strength and balance, if done regularly. A center general membership is required. **Center is closed on May 27.
Strength Exercise with Ron	Tuesdays <i>(Gym)</i>	10:30 a.m. - 11:30 a.m.	Fun seated or standing fitness class to strengthen muscles and to improve balance for adults 50+. A center general membership is required.
Tai Chi Classes with Quinta	Tuesdays <i>(Yoga Room)</i>	10 a.m. - 11 a.m. Beginner 11 a.m. – Noon Intermediate	A gentle movements class to develop strength and balance. Requires Senior Center membership. For senior program members only

Advanced Line Dancing Club with Marie-Luce	Tuesdays & Thursdays <i>(Yoga Room)</i>	12:30 a.m. – 1 p.m.	Adults who enjoy line dancing meet for free advanced level dancing. Just dancing, not instructions. A rotation class time is included. A center general membership is required.
Beginning Line Dancing Class with Marie-Luce	Tuesdays & Thursdays <i>(Yoga Room)</i>	1 p.m. - 1:30 p.m.	Adults who enjoy line dancing meet for fun beginner level dances to learn the basic steps. A rotation class time is included. A center general membership is required.
Intermediate Line Dancing Club with Marie-Luce	Tuesdays & Thursdays <i>(Yoga Room)</i>	1:30 p.m. - 2:30 p.m.	Adults who enjoy line dancing meet for free intermediate level dancing. A rotation class time is included. A center general membership is required.
Gentle Mat Yoga with Karthika	Wednesdays <i>Yoga Room</i>	9 a.m. – 10 a.m.	A gentle floor yoga, strengthening, balancing and flexibility for advanced beginners. A center general membership is required.
Jazzercise LO with Jenn	Wednesdays & Thursdays <i>Gym</i>	10:30 a.m. - 11:30 a.m.	Fun, choreographed exercise class with trendy music. A center general membership is required.
Cardio Drumming with Jeff	Wednesdays <i>(Yoga Room)</i>	1 p.m. – 1:45 p.m.	Fun seated or standing class where we learn choreographed drumming routines to upbeat music. A center general membership is required.

S.A.I.L with Khuloud	Fridays (Gym)	10:30 a.m. – 11:30 p.m.	Stay Active for Independent Living (S.A.I.L.) is a strength, balance, and fitness program for adults 50 +. The entire curriculum of activities in the SAIL program can help improve strength and balance, if done regularly. A center general membership is required.
Zumba Gold with Chairs with Celia	Fridays (Yoga Room)	12:30 p.m. – 1p.m.	This unique training program teaches the basic dance steps sitting on a chair. It incorporates physical exercises using light Zumba weights and dance steps to the rhythms of Cumbia, Merengue, Mambo, Salsa, Samba and much, much, more. This program is for adults 70+. A center general membership is required.
Zumba Gold with Celia	Fridays (Gym)	1 p.m. – 2 p.m.	This unique training program teaches the basic dance steps needed to participate in your first Zumba class. It incorporates physical exercises using light Zumba weights and dance steps to the rhythms of Cumbia, Merengue, Mambo, Salsa, Samba and much, much, more. This program is for adults 50+. A center general membership is required.
Zumba with Celia	Mondays Saturdays Gym	1:30 p.m. – 2:30 p.m. 9:15 a.m. – 10:10 a.m.	Zumba is a fitness program, intended as a total-body cardio and aerobic that involves cardio and Latin-inspired dance. This program is for adults 18+. A center general membership is required. **Center closed on Monday May 25 and on Saturday May 27.
Zumba Gold with Celia	Saturdays (Yoga Room)	10:15 a.m. – 11 a.m.	This unique training program teaches the basic dance steps needed to participate in your first Zumba class. It incorporates physical exercises using light Zumba weights and dance steps to the rhythms of Cumbia, Merengue, Mambo, Salsa, Samba and much, much, more. This program is for adults 65+. A center general membership is required. **Center closed on Saturday May 27.

Heartfulness Meditation	Saturdays (SACC Room)	9:30 a.m. – 10:30 a.m.	<p>Nurturing mental and emotional well-being through heart-centered meditation practices that offer the world a daily practice that awakens our potential for simple, joyful existence. Heartfulness Meditation helps reduce stress and anxiety, improve focus and concentration, enhance emotional well-being, greater work-life balance, and increase resilience and adaptability.</p> <p>This program is for adults 18+. A center general membership is required.</p> <p>**Center closed on Saturday May 27.</p>
Isha Kriya Meditation for Beginners	4 th Saturday of the Month (Yoga Room)	2 p.m. – 3 p.m.	<p>Attain health, clarity and joy at this class taught by the nonprofit Isha Foundation. Learn about this simple, 12–18-minute practice that can be done from a chair. This program is for adults 18+. A center general membership is required.</p> <p>**Center closed on Saturday May 27.</p>

Title	When	<u>GYMNASIUM</u> Time	Description
<p><i>For updated information on Gym calendars please visit the website at:</i> ncs_sully_gym_schedule.pdf (fairfaxcounty.gov)</p>			

TECHNOLOGY PROGRAMS

Title	When	Time	Description
Teen Tech Time	Tuesdays & Thursdays	4 p.m. – 5 p.m.	Portable lab utilized during the afterschool teen program. Teens will learn 3D modeling using Sketch up and how to create a podcast using Spotify.
SACC Tech Time	Thursdays	5:00 p.m. – 6:00 p.m.	Youth registered in Sully SACC program will participate in Science, Technology, Engineering, Arts and Math (STEAM) activities. Portable lab utilized for the SACC program.
Beginner Computer Class	Tuesdays & Thursdays <i>Arts & Crafts Room</i>	12:30 p.m. – 1:30 p.m.	Computer Basics classes for senior center participants (50+ years). Come and join us! Seniors will learn computer basics along with other technologies. Requires Older Adults program membership.
Professional Development Workshop	Thursdays <i>Arts & Crafts Room</i>	7 p.m. – 8 p.m.	This workshop is designed for young adults (21-35 years old) who would like to get a better job opportunity, improve their technology literacy or are planning on using online resources to prepare for the GED test. Requires general membership.
One-on-One Tech Help	Mondays	9 a.m. – 11 a.m.	Need help using your laptop, smartphone, or tablet? Call or stop at the information desk to schedule your own one-hour tutoring session. Bring your own device or practice on a public computer. Requires general membership.

TR -SENSORY ROOM

Title	When	Time	Description
One-on-One Session	Monday - Friday	By appointment	Therapeutic sessions for individuals with physical, intellectual, and developmental disabilities utilizing different elements of the Sensory Room to achieve specific and desired goals. Please call the center to schedule your appointment.

Senior Sensory Time	Mondays, Wednesdays & Fridays	12:30 p.m. – 1:30 p.m.	Come and reduce your stress by enjoying music in a vibroacoustic or sound shell chair, the soothing colors of the fiber optics and bubble tubes. Attendance is based on first come first served. No more than three people at a time.
Spark Your Senses with SACC	Mondays, Wednesdays, Fridays	5:15 p.m. -6 p.m.	SACC participants engage in various sensory activities ranging from education, stimulation, relaxation, creative movement, and music.
Thursday Little Sensations (Fall Programming)	Thursdays	11 a.m. -11:45 a.m.	Come enjoy an inclusive program with your little one! This program is designed for children 2-3 years old and under. Little sensory seekers will explore various sensory elements to include sounds, sights, and textures all within a social environment. Caregivers and parents could also meet and share resources. Spaces are limited and registration is required.
Friday Little Sensations (Fall Programming)	Fridays	11 a.m.- 11:45 a.m.	Come enjoy an inclusive program with your little one! This program is designed for children 12 months-23 months of age. Little sensory seekers will explore various sensory elements to include sounds, sights, and textures all within a social environment. Spaces are Limited: Registration is required.
Saturday Move to the music. Session I	3 rd Saturday of the month (March 16, April 20, May 18)	12:30 p.m. - 1:15 p.m.	This Inclusive program is designed for children in ages 4 to 7 years old . Sensory seekers, explore motion and movement to a wide range of kid-friendly music. Spaces are Limited: Registration is required.
Saturday Move to the music. Session II	3 rd Saturday of the month (March 16, April 20, May 18)	1:30 p.m. - 2:15 p.m.	This Inclusive program is designed for children in ages 8 to 10 years old . Sensory seekers, explore motion and movement to a wide range of kid-friendly music. Spaces are Limited: Registration is required.
Teen Sensory Time	Mondays, Wednesdays, Fridays	3:45 p.m.- 4:15 p.m.	Teenagers in afterschool program participants relax in the sensory room with activities such as journaling, spoken word and trivia. (Teens in afterschool program registration)

Special Events / Trips

Title	When	Time	Description
NCS Teen Basketball Intramural Games	Saturday March 02	10 a.m. – 5 p.m.	The gym regular schedule will be changed to host the NCS cross-regional intramural basketball games. Open gyms will be during the evening, please check the gym calendar for that day.
Mother's Day Celebration	Saturday, May 11	11 a.m. – 2 p.m.	Join us for lunch and a special event to honor mothers in the community.
Memorial Day	May 25 - 27	All Day	The center is closed in observance of Memorial Day.

Community Meetings

Title	When	Time	Description
Senior Advisory Council	4 th Thursday of the month March 28, April 25; May 23	11:30 a.m. - 12:30 p.m.	The Sully Senior Center Advisory Council serves as the voice of the senior program participant working in partnership with the center's Director. Their purpose is to provide input and recommendations on the planning, development, implementation, and evaluation of the senior center services, programs, and activities including educational, sports, recreational and cultural to encompass the surrounding community.
Facility Use	Monday- Friday <i>Saturdays</i>	4:30 p.m. – 8:30 p.m. 9:30 a.m. – 8:30 p.m.	Please call to Sully Community Center for more details or come in person for picking up an application request form. Applications must be submitted 2 weeks prior to the request date.