



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

JUNE, JULY, and AUGUST 2024

PROGRAMS / ACTIVITIES

Title	When	Time	Description
School Aged Childcare (SACC)	Monday - Friday	7 - 10:30 a.m. and 2:30 - 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. * Program will end on June 14, 2024.
Teen Afterschool Program	Monday - Friday	2:30 – 6 p.m.	Out-of-school programing 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. * Program will end on June 14, 2024.
Teens in Action Summer Camp	Monday 06/17 to Friday 08/16	9 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>
Camp Fairfax	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 (Summer 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. Please call for more information.
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.
Sully Summer Sport Camps	Monday - Friday	9 a.m. – 4 p.m.	A partnership between NCS and FCPA offers affordable summer camps at Sully Community Center. provide support and help to participants for completing school assignments and projects. Registration closes in May 2024.

FAMILY PROGRAM

Title	When	Time	Description
Teen Friday Night	July 19 -Ice Cream Social Teen Night	6 – 8 p.m.	Come to Sully where you can play basketball, chess, board games, VR, drones and more! Ice Cream Social Teen Night, Teens must be registered members with Sully Teen Community Center to participate.
Family Night	June 28 “Honoring Immigrant Heritage Family Night” July 24 “International Self Care” August 6 “National Night Out”	6 – 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 June 10, July 08, and August 12	6 – 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+)
Spring Art Class 101	Wednesdays	5:30 – 7:00 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.
Fashion & Jewelry Making	Thursdays	5 – 6:30 p.m.	This program is for teenagers (13+ years old). Hair, make-up, nails and your love for crafting! Beautify yourself, celebrate your love for crafting or just hang out! Teens must be register in the afterschool program or TIA summer camp.
Family Open Gym	Tuesday – Friday Saturdays	6 – 7 p.m. 11 am – Noon.	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. **Open gym cancelled on Saturday August 17
Family Sensory STEAM	June 28, July 26, And August 23.	5 - 6 p.m.	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!

Inclusive Open Gym	2 nd Friday of the month (June 14, July 12, August 09)	7 – 8:30 p.m.	Teens with disabilities and a parent/caregiver are invited to join us for basketball, pickleball, and badminton. Parents and children must have a membership.
<u>FITNESS CLASSES</u>			
Title	When	Time	Description
Supervised Exercise Room (Senior/Adults)	First Saturday of the month (June 1, July 6, August 3)	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 activities are cancelled on Saturday August 17 due to Community Day Event.
Gentle Mat Yoga with Holly	Mondays <i>Yoga Room</i>	9 – 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.
S.A.I.L with Julian	Mondays <i>(Gym)</i>	10:30 - 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.
Tai Chi Classes with Quinta	Tuesdays <i>(Yoga Room)</i>	10 - 11 a.m. <i>Beginner</i> 11 a.m. – Noon <i>Intermediate</i>	A gentle movements class to develop strength and balance. Requires Senior Center membership. For senior program members only.
Advanced Line Dancing Social Club	Tuesdays <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. **Center is closed on Thursday July 04.

Beginning Line Dancing Social Club	Tuesdays (<i>Yoga Room</i>)	1 - 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. **Center is closed on Thursday July 04.
Intermediate Line Dancing Social Club	Tuesdays (<i>Yoga Room</i>)	1:30 - 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. **Center is closed on Thursday July 04.
Gentle Mat Yoga with Karthika	Wednesdays <i>Yoga Room</i>	9 – 10 a.m.	A gentle floor yoga, strengthening, balancing and flexibility for advanced beginners. A center general membership is required. **Center is closed on Wednesday June 19.
Jazzercise LO with Jenn	Wednesdays & Thursdays <i>Gym</i>	10:30 - 11:30 a.m.	Fun, choreographed exercise class with trendy music. A center general membership is required. ** Center is closed on Wednesday June 19 and on Thursday July 04.
Cardio Drumming With Jeff	Wednesdays <i>(Yoga Room)</i>	1 – 1:45 p.m.	Fun seated or standing class where we learn choreographed drumming routines to upbeat music. A center general membership is required. **Center is closed on Wednesday June 19.
S.A.I.L with Khuloud	Fridays <i>(Gym)</i>	10:30 – 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.
Beginner Pickleball	Saturdays (Gym)	9:15 – 10:15 a.m.	A beginner lever pickleball class for 18 years old and older. A center general membership is required.

Zumba Gold with Chairs with Celia	Fridays (Yoga Room)	12:30 – 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 – 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 – 2:30 p.m. 9:15 – 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 activities are cancelled on Saturday August 17 due to Community Day Event.
Zumba Gold with Celia	Saturdays (Yoga Room)	10:15 – 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 activities are cancelled on Saturday August 17 due to Community Day Event.
Meditation for Mental Freedom	Thursdays (Yoga Room)	9 – 9:45 a.m.	This guided meditation provides a therapeutic solace for 50+ ages participants, including those struggling to cope with anxiety. Requires Older Adults program membership.

Heartfulness Meditation	Saturdays (SACC Room)	9:30 – 10:30 a.m.	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. This program is for adults 50+. A center general membership is required. **Center activities are cancelled on Saturday August 17 due to Community Day Event.
Isha Kriya Meditation for Beginners	4 th Saturday of the Month (Yoga Room)	2 – 3 p.m.	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. **Center activities are cancelled on Saturday August 17 due to Community Day Event.

GYMNASIUM

Title	When	Time	Description
-------	------	------	-------------

*For updated information on Gym calendars please visit the website at:
ncs_sully_gym_schedule.pdf (fairfaxcounty.gov)*

NOTE: ON JUNE 17, CALENDAR WILL BE ADJUSTED TO SUPPORT YOUTH PROGRAMMING.

ON JUNE 19 CENTER WILL BE CLOSED IN OBSERVANCE OF JUNETEENTH HOLIDAY.

ON JULY 04 CENTER WILL BE CLOSED IN OBSERVANCE OF INDEPENDENCE DAY.

ON AUGUST 17, PROGRAMS ARE CANCELED DUE TO 2ND ANNUAL SULLY COMMUNITY DAY.

TECHNOLOGY PROGRAMS

Title	When	Time	Description
Teen Tech Time	Wednesdays & Fridays	3 – 4 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	Wednesdays & Fridays	11 – 12 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.
Techsploration	Mondays <i>Arts & Crafts Room</i>	1:30 – 2:30 p.m.	Computer Basics classes for senior center participants (50+ years) . Come and join us! Seniors will learn computer basics along with other technologies.
Professional Development Workshop	Thursdays <i>Arts & Crafts Room</i>	7 – 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 – 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	Wednesdays <i>Thursdays & Fridays</i>	11:15 a.m. – 12 noon. <i>12:30 – 1:30 p.m.</i>	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.

SACC Sensory Exploration	Mondays, Wednesdays, Fridays	5:15 -6 p.m.	SACC participants engage in various sensory activities ranging from education, stimulation, relaxation, creative movement, and music.
Thursday Little Sensations	Thursdays	11 -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. You may use this link https://forms.office.com/g/NJfpEvQ7Eh
Thursday Sensory Storytime	Thursdays	11 -11:45 a.m.	Join us the first Thursday of each month as the Fairfax Public Library reads us a story and engages us in fun activities! After the story and games, we will explore the Sensory Room! This program is open to children 1-5 years old and their parents or caregivers. Spaces are limited and registration is required. You may use this link: https://forms.office.com/g/iPqjp1pPCK
Friday Little Sensations	Fridays	11 - 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 and registration is required. You may use this link https://forms.office.com/g/4PHF1mFG5b
Saturday Move to the music. Session I	3 rd Saturday of the month (June 15, July 20, August 17)	12:30 - 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. Registration link: https://forms.office.com/g/NSLMFc6q5Q
Saturday Move to the music. Session II	3 rd Saturday of the month (June 15, July 20, August 17)	1:30 - 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. Registration link: https://forms.office.com/g/NSLMFc6q5Q

Teen Sensory Time	Mondays, Wednesdays, Fridays	3:45 - 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)
-------------------	---------------------------------	------------------	--

<u>Special Events / Trips</u>			
Title	When	Time	Description
Teen open mic, sip, and paint	Friday June 07	6 – 8 p.m.	Join us for a fun night of Karaoke, painting and enjoying treats. Open to all teens registered in Sully teen afterschool program.
Pride Parade	Friday June 14	11a.m. – 1 p.m.	Come to celebrate our diverse community as we march down Wall Street in solidarity! 13+ years old.
Independence Day Family Cookout	Wednesday July 03	6 - 8 p.m.	Come join us for an Independence Day cook-out! Food, games, and fun for the whole family!
International Self Care Family Night	Wednesday July 24	6 - 8 p.m.	Treat yourself to something sweet as you learn about self-care techniques! Special guests, yoga, meditation, and TREAT YO SELF (to something sweet!)
Juneteenth Holiday	Wednesday, June 19	All Day	The center is closed in observance of Juneteenth Holiday.
Independence Holiday	Thursday, July 04	All Day	The center is closed in observance of Independence Holiday.
TIA Camp School Supply Donation Drive	July 15 through August 15	All Day	Come and bring new backpacks, notebooks, pencils, glue, scissors, crayons, and more school supplies to donate to local school and to support the initiatives of our Teens in action participants.
Sully Community Day	Saturday, August 17	All Day	All community center activities and gym regular schedule will be canceled to celebrate Sully Community Day. <i>Please check the gym calendar for that day.</i>

Community Meetings

Title	When	Time	Description
Senior Advisory Council	4 th Thursday of the month June 27, July 25, and August 22	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 – 8:30 p.m. <i>9:30 a.m. – 8:30 p.m.</i>	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.