



# Burke-Springfield Center for Active Adults

**Address:** 7541 Huntsman Blvd,  
 Springfield, VA 22153

**Hours:** Monday – Friday, 9 a.m. to 4 p.m.  
 Saturday, 10 a.m. to 3 p.m.\*  
 \*Instructor-Led Classes Only

**Phone:** 703-803-3879, TTY 711

## June, July, & August 2026

### SPECIAL EVENTS

Title	When	Time	Description
Center Closed	Friday, June 19 – Sunday, June 21	ALL DAY	Center Closed in observance of Juneteenth
Center Closed	Friday, July 3 – Sunday, July 5	ALL DAY	Center Closed in observance of Independence Day
Summer 2026 State of the Program Meeting	Friday, July 24, 2026	11 a.m. – 12 p.m. Open Area	Join the Burke-Springfield State of the Program meeting to learn about participation in our programs. <b>All Fall 2026 Registration Information will be presented during this meeting.</b>
AARP Presentation: <i>Decluttering and Downsizing: You Can't Take it with You</i>	Monday, July 27, 2026	2 – 3 p.m. Room 3	Having too much stuff can impede people from relocating or getting health care into their homes. This fun interactive presentation explores why stuff is so important for some people and teaches practical, easy-to-follow tips on downsizing and decluttering. <b>Registration Required – Register at Front Desk.</b> <b>Cost: FREE</b>

<u>DROP-IN CLASSES</u>			
Title	When	Time	Description
Mah Jongg (Social – Beginner Level)	Mondays	10 a.m. – 12 p.m. Room 2	Join other Mah Jongg players who are new or returning to Mah Jongg in a fun, social setting. This level of play is perfect for those that have just finished the Mah Jongg Training.
Mah Jongg (Social)	Mondays	1 – 3 p.m. Room 2	Join other players who are new or returning to Mah Jongg in a fun, social setting.
Acrylic Painting	Mondays & Tuesdays	<b>Mon:</b> 10:15 – 11:45 a.m. <b>Tue:</b> 1:15 – 2:45 p.m. Room 1	Learn painting fundamentals like color, techniques, materials and so much more! All materials will be provided.
Knitting and Crochet Group	Mondays	2:30 – 4 p.m. Open Space	Bring your knitting or crocheting needs and a ball of yarn and join other adults and seniors in the art of knitting and crocheting.
Mah Jongg (Advanced)	Tuesdays	9 – 11 a.m. Room 2	Join other skilled players in the game of Mah Jongg.
Drawing	Tuesdays & Wednesdays	<b>Tue:</b> 10:15 – 11:45 a.m. <b>Wed:</b> 1:15 – 2:45 p.m. Room 1	Learn the fundamentals of sketching and drawing such as observation, perspective, and creating values using a wide range of materials like pencil and charcoal. All materials and supplies will be provided.
Scrabble (Social)	Tuesdays	11 a.m. – 1 p.m. Open Space	This is a Social Scrabble group – open to players at all levels. Learn the game or play and improve in an environment welcoming to all skill levels.
Bridge (Social)	Tuesdays	1 – 4 p.m. Open Space	Join other older adults in playing this trick-taking card game, Bridge – Contract Bridge.
Card Making	Tuesdays	2 – 4 p.m. Open Space	Join other adults and seniors in crafting handmade cards for birthdays, invitations, or any special occasion.
Dominoes / Mexican Train (Social)	Wednesdays	9 – 11 a.m. Open Space	This is a social Dominos and Mexican-Train group – open to players at all levels. Learn the game or play and improve in an environment welcoming to all skill levels.

Rummikub (Social)	Wednesdays	2 – 4 p.m. Open Space	Join other adults and seniors in this tile-based game for 2 to 4 players combining the elements of the card game rummy and the tile-based game Mah Jongg.
Mah Jongg (Intermediate)	Thursdays	9:15 – 11:15 a.m. Room 2	Join other players who are familiar with the game of Mah Jongg.
Bananagrams (Social)	Thursdays	1 – 3 p.m. Open Space	Join other players in this game combining elements of Scrabble and Boggle, building crossword-like grids simultaneously.
Resin Charms	Thursdays	1:15 – 2:15 p.m. Room 1	Create dried flower charms for necklaces, keychains, earrings and more within seconds using UV resin. All materials will be provided.
Bingo (Social)	Thursdays	2:30 – 4 p.m. Room 3	Join us on Thursday afternoons for social games of Bingo!
Trivia (Social)	Fridays	2:45 – 3:45 p.m. Room 3	Join us on Friday afternoons for fun, social games of Trivia! Trivia questions will vary from movies to historical events, music to art, and so much more!

<b>CLASSES – REGISTRATION REQUIRED</b>			
<b>Title</b>	<b>When</b>	<b>Time</b>	<b>Description</b>
<b>Registration</b>	<b>To Be Announced</b>	<b>To Be Announced</b>	<b>Registration is required for the following classes. Class fees are \$5 (Residents) / \$10 (Non-Residents) per session unless otherwise noted.</b> Please tune into the Sate of the Program meeting on Friday, July 24, 2026, at 11 a.m. to learn more about BSCAA's Fall 2026 Registration <b>Please make sure to bring your own equipment.</b>
Line Dance (Beginner/Intermediate) w/ Susie	Mondays	9:30 – 10:20 a.m. 10:30 – 11:20 a.m. Room 4/5	Susie leads a powerful line dance class with both old and new steps.
Line Dance (Intermediate/Advanced) w/ Susie	Mondays	11:30 a.m. – 12:20 p.m. 12:30 – 1:20 p.m. Room 4/5	Susie leads a powerful line dance class with both old and new steps.
Gentle Yoga w/ Roxana	Mondays, Wednesdays, Thursdays	<b>Mon:</b> 9:30 – 10:20 a.m. <b>Wed &amp; Thurs:</b> 9:15 – 10:05 a.m. Room 3	Gentle Yoga with Roxana is a low-impact and accessible yoga class. Focus on slow, mindful movements, breathing, and body awareness. Beginner Level. Floor time at the beginning and

			end of class. <b>Participants need a mat, yoga strap &amp; 2 yoga blocks.</b>
Pilates w/ Roxana	Mondays, Tuesdays, Wednesdays, Thursdays	<b>Mon:</b> 10:30 – 11:20 a.m. <b>Tues:</b> 11:15 a.m. – 12:05 p.m. <b>Wed &amp; Thurs:</b> 10:15 – 11:05 a.m. Room 3	This Pilates class is a low-impact exercise activity focusing on improving balance, flexibility, and strength, particularly in the core muscles. Beginner/Intermediate Level. Floor time at the end. <b>Participants need a yoga mat, Pilates ring, yoga strap, Pilates ball (small), foot gliders, 1, 2, OR 3 pound weights, yoga strap &amp; foot gliders.</b>
Yoga w/ Roxana	Mondays	11:30 a.m. – 12:20 p.m. Room 3	This yoga class for older adults is designed as a low-impact, gentle practice that enhances physical health and overall wellness. This class will include stretching, breathing, and meditation practices. Intermediate Level. Floor time at the beginning and end of class. <b>Participants will need a yoga mat, yoga strap, &amp; two yoga blocks.</b>
Strength, Balance, & Barre w/ Roxana	Mondays, Tuesdays	<b>Mon:</b> 12:30 – 1:20 p.m. <b>Tue:</b> 10:15 – 11:05 a.m. Room 3	This class is excellent for enhancing balance, stability, and overall physical health. This class will combine ballet-inspired movements, yoga, and Pilates. Beginner/Intermediate Level. Standing & Chair time. <b>Participants need 1, 2 &amp; 3 pound weights, yoga strap &amp; foot gliders.</b>
Balance & Strength w/ Roxana	Mondays, Wednesdays, Thursdays	<b>Mon:</b> 1:45 – 2:35 p.m. Room 4/5 <b>Wed &amp; Thurs:</b> 11:15 a.m. – 12:05 p.m. Room 3	Join Roxana in a class that focuses on stability, coordination, and reducing the risks of falls. Beginner/Intermediate Level. Standing & Chair time. <b>Participants need 1, 2 &amp; 3 pound weights, yoga strap &amp; foot gliders.</b>
Yoga (Chair) w/ Roxana	Mondays, Tuesdays, Wednesdays	<b>Mon:</b> 2:45 – 3:35 p.m. Room 4/5 <b>Tues:</b> 12:15 – 1:05 p.m. Room 3 <b>Wed:</b> 12:15 – 1:05 p.m. Room 3	This gentle and accessible form of yoga allows older adults or seniors to gain the benefits of yoga while using a chair. This will help with flexibility, balance, and strength as well as enhancing overall well-being. Beginner Level. <b>Participants need a yoga strap.</b>
Watercolor Painting w/ Evan	Mondays & Wednesdays	<b>Mon:</b> 1:15 – 2:45 p.m. <b>Wed:</b> 10:15 – 11:45 a.m. Room 1	Learn fundamental concepts needed to start painting with watercolor. Understand essential color palette, composition, watercolor techniques, and so much more.

			<b>Cost: \$0</b>
Line Dance (All Levels) w/ Susie	Tuesdays	9:30 – 10:20 a.m. 10:30 – 11:20 a.m. Room 4/5	Susie leads a powerful line dance class with both old and new steps.
Yoga Fusion Stretch w/ Roxana	Tuesdays	9:15 – 10:05 a.m. Room 3	This class enhances mobility, balance, and reduces aches. Beginner Level. Floor time at the beginning of class. <b>Participants need a yoga mat, yoga strap &amp; two yoga blocks.</b>
Pilates & Dance Fusion w/ Debbie	Tuesdays	11:15 a.m. – 12:05 p.m. Room 2	Pilates & Dance Fusion is catered for anyone who enjoys a total body workout in dance and fitness. Gain better balance, posture, strength, endurance, core stability, flexibility, and joint mobility with effective exercise progressions and through dance.
Adaptive Chair Pilates w/ Debbie	Tuesdays	12:15 – 1:05 p.m. Room 2	This class is an effective way for older adults to maintain physical health with lower-impact movements. This class is ideal for older adults or seniors facing challenges with balance, mobility, or joint discomfort.
Yoga (Chair) w/ Debbie	Tuesdays	1:15 – 2:05 p.m. Room 2	This gentle and accessible form of yoga allows older adults or seniors to gain the benefits of yoga while using a chair. This will help with flexibility, balance, and strength as well as enhancing overall well-being.
Tai Chi / Qigong w/ Debbie	Tuesdays	2:15 – 3:05 p.m. Room 2	Enjoy the slow and effective movements to strengthen the body and increase balance. Calm and meditative practice reduces stress and anxiety, which improves overall health. Medical Qigong is used as a warmup to enhance qi or life force to flow throughout the body, which has its own many proven health benefits. <i>(Please bring a yoga mat for participation; mats are not provided by the program).</i>
Zumba w/ Gail	Tuesdays	11:30 a.m. – 12:20 p.m. Room 4/5	ZUMBA is perfect for everybody! Each ZUMBA class is designed to bring people together to sweat it on. ZUMBA is a total workout, combining all elements of fitness – cardio,

			muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.
Zumba Toning w/ Millette	Tuesdays	12:30 – 1:20 p.m. Room 4/5	ZUMBA Toning takes the original Zumba dance-fitness class to the next level utilizing an innovative muscle training protocol in addition to lightweight toning sticks or dumbbells. Created to emphasize muscle work along with rhythms, this combination of cardio and dynamic resistive exercises is an effective use of progressive lightweight training to improve overall performance. <i>(Please bring your own weights to class)</i>
Zumba Gold Toning w/ Millette	Tuesdays	1:30 – 2:20 p.m. Room 4/5	Combination of ZUMBA Gold, a modified Zumba class that recreates the original moves you love at a lower intensity and Zumba Toning, taking the original Zumba dance-fitness class to the next level utilizing an innovative muscle training protocol in addition to lightweight toning sticks or dumbbells. <i>(Please bring your own weights to class).</i>
The Art of Storytelling: Fables, Folktales, or Personal Stories w/ Adam	Tuesdays	1:30 – 2:20 p.m. Room 3	For the person who would want to entertain their grandchildren with tortoise-and-hare style stories or share a lived-experience history with family members or others.
Intermediate Ballroom Swing w/ Adam	Tuesdays	2:30 – 3:20 p.m. Room 4/5	West Coast Swing and one ballroom dance, which is usually voted on by the class. Waltz, Cha Cha and Rumba are popular selections. Those who want are encouraged to learn both roles: leader and follower.
Zumba Gold w/ Gail	Wednesdays	10:30 – 11:20 a.m. Room 4/5	ZUMBA Gold is perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity. The class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion, and coordination. Come ready

			to sweat and prepare to leave empowered and feel strong.
Pilates w/ Debbie	Wednesdays, Fridays	<b>Wed:</b> 11:15 a.m. – 12:05 p.m. <b>Fri:</b> 10:30 – 11:20 a.m. Room 2	Pilates with Debbie works to improve your posture, mobility, flexibility, core strength, health, and well-being at any age and fitness level. Get a transformed toned body with Pilates! Detailed exercise sequences and breath control are given, with modifications of each exercise available according to one’s ability. <i>(Please bring a yoga mat for participation; mats are not provided by the program).</i>
Yoga & Pilates Fusion w/ Debbie	Wednesdays	12:15 – 1:05 p.m. Room 2	This class combines Pilates and Yoga working to improve your posture, mobility, flexibility, core strength, health, and well-being
Mindfulness w/ Debbie	Wednesdays	1:15 – 2:05 p.m. Room 2	Learn how to make profound changes in your life by retraining the mind. Become more aware, boost mood, improve relationships, and health by using the power of the mind to release old limiting thought patterns from a psychological perspective. Replace stored negative emotions with positive thinking and self-talk to enhance better spiritual, mental, emotional and physical health.
Yoga (Trauma Sensitive) w/ Debbie	Wednesdays	2:15 – 3:05 p.m. Room 2	Join other adults and seniors in a yoga class in a safe and supportive environment. Engage with bodies and minds promoting healing and empowerment.
Tai Chi / 37 Form (Beginner) w/ Monica	Wednesdays	11:30 a.m. – 12:20 p.m. Room 4/5	Tai Chi is a Chinese Martial Art characterized by slow, flowing movements and meditative practices. It combines physical exercise, mindfulness, and controlled breathing to promote both physical and mental well-being. It’s often described as a ‘moving meditation’.
Chinese Brush Painting (Beginner) w/ Monica	Wednesdays	1:15 – 2:45 p.m. Room 3	Chinese Brush Painting is one of the oldest, continuous artistic traditions in the world. This style of art uses three unique elements: black ink, rice paper, and Chinese Brush. Typical motifs

			include flowers, birds, animals, and landscapes. More important than the image is the message behind the painting: expressing the inner spirit of the subject on the feelings of the artist.
Line Dance (All Levels) w/ Cheong	Wednesdays, Thursdays	<b>Wed:</b> 12:30 – 1:20 p.m. <b>Wed:</b> 1:35 – 2:25 p.m. <b>Thurs:</b> 12 – 12:50 p.m. <b>Thurs:</b> 1 – 1:50 p.m. Room 4/5	Line Dancing with Cheong emphasizes how to maintain your balance, body coordination, flexibility, and how to avoid falling while moving to the beat. You will enjoy the music, dance, and socialization while meeting many people with similar interests. You will feel like you are going back to your youthful time!
Guitar (Intermediate) w/ Adam	Wednesdays	2:45 – 3:35 p.m. Room 4/5	Continue learning the fundamentals of guitar with Adam.
Line Dance (All Levels) w/ Cathy	Thursdays	10:00 – 10:50 a.m. 11:00 – 11:50 a.m. Room 4/5	Line Dancing with Cathy takes students through choreographed routines with easy-to-follow steps using a variety of music styles including Country, Classics, and Pop. Line Dancing is a fun way to reduce stress and keep fit. All levels are welcome. Alternative steps are provided for all different levels.
3D Printing	Thursdays <b>Session 1:</b> June 11, 18, & 25, & July 2, 2026 <b>Session 2:</b> July 9, 16, 23, & 30 <b>Session 3:</b> August 6, 13, 20, & 27	10:15 – 11:45 a.m. Room 1	Jump into the world of 3D Printing by understanding the very basic hardware and software skills needed to print. All skill levels welcome, printers & filament are provided. <b>Cost: \$0</b>
Tai Chi / 37 Form (Intermediate/Advanced) w/ Monica	Thursdays	11:30 a.m. – 12:20 p.m. Room 2	Tai Chi is a Chinese Martial Art characterized by slow, flowing movements and meditative practices. It combines physical exercise, mindfulness, and controlled breathing to promote both physical and mental well-being. It's often described as a 'moving meditation'.

Chinese Brush Painting (Intermediate/Advanced) w/ Monica	Thursdays	1 – 2:30 p.m. Room 2	Chinese Brush Painting is one of the oldest, continuous artistic traditions in the world. This style of art uses three unique elements: black ink, rice paper, and Chinese Brush. Typical motifs include flowers, birds, animals, and landscapes. More important than the image is the message behind the painting: expressing the inner spirit of the subject on the feelings of the artist.
Line Dance (Advanced) w/ Susie	Thursdays	12:15 – 1:05 p.m. 1:15 – 2:05 p.m. Room 3	Susie leads a powerful line dance class with both old and new steps.
Beginner Ballroom Dancing w/ Adam	Thursdays	2 – 2:50 p.m. Room 4/5	West Coast Swing and one ballroom dance, which is usually voted on by the class. Waltz, Cha Cha and Rumba are popular selections. Those who want are encouraged to learn both roles: leader and follower.
Argentine Tango w/ Adam	Thursdays	3 – 3:50 p.m. Room 4/5	Instructions on technique in a variety of traditional patterns, blocks, sweeps, etc. Those who want are encouraged to learn both roles: leader and follower.
Ukulele (Beginner) w/ Carol	Fridays	10 – 10:50 a.m. Room 3	Ukulele with Carol teaches interested students how to play the Ukulele, including lessons on proper playing form, chords, and playing songs. This class is geared for all levels of Ukulele learners, from absolute beginners to Ukulele pros! ( <i>instruments are not provided by the program</i> )
Ukulele (Intermediate) w/ Carol	Fridays	11 – 11:50 a.m. Room 3	Continue learning the fundamentals of Ukulele with Carol.
Hula w/ Carol	Fridays	12:30 – 2 p.m. Room 4/5	Join Hula with Carol for an invigorating hula dance class tailored for Older Adults. Learn the basic feet and hand motions to incorporate in various Hula dances. Discover the joy of swaying hips and gentle steps while embracing the rich cultural heritage of the Hawaiian Islands.
Balance with Pilates and Ballet Barre w/ Debbie	Fridays	11:30 a.m. – 12:20 p.m. Room 2	Balance with Pilates and Ballet Barre with Debbie helps to enhance posture, mobility,

			strength, flexibility and mind body centering. Assessing alignment, musculoskeletal imbalances, providing essential skills in stress management, fall proofing and breaking a fall technique are incorporated to improve overall awareness and wellness. This class encourages healthy, positive environmental changes.
Chair Fitness	Fridays	12:30 – 1:20 p.m. Room 2	This class is an effective way for older adults to maintain physical health with lower-impact movements. This class is ideal for older adults or seniors facing challenges with balance, mobility, or joint discomfort.
Stretch & Qigong Fusion w/ Debbie	Fridays	1:30 – 2:20 p.m. Room 2	Work on flexibility, range of movement, and joint mobility, which can be improved with stretching. Pain and tightness are lessened by the release of stored tension in muscle and connective tissues. A greater range of movement is enjoyed in everyday functional activities. Posture and performance are greatly improved.
Vocabulary, Grammar & Composition w/ Adam	Fridays	1 – 2:30 p.m. Room 2	Join Adam in learning how to use the English language for vocabulary, proper forms of grammar, and how to use it for composition.
Beginning Guitar w/ Adam	Fridays	2:45 – 3:35 p.m. Room 2	Join Adam in Beginning Guitar to learn the fundamentals of playing guitar. Whether you are a first-time player or looking to re-learn, this class will be a great fit for you.
Line Dance (All Levels) w/ Cathy	Saturdays	10 – 10:50 a.m. 11 – 11:50 a.m. Open Space	Line Dancing with Cathy takes students through choreographed routines with easy-to-follow steps using a variety of music styles including Country, Classics, and Pop. Line Dancing is a fun way to reduce stress and keep fit. All levels are welcome. Alternative steps are provided for all different levels.
Line Dance w/ Marilu	Saturdays	<b>Beginner/Intermediate:</b> 12:30 – 1:20 p.m.	Come learn the popular Line Dances or just come for the great exercise in Line Dancing with Marilu. Dance to all genres of music: Top 40s,

		<b>Intermediate / Advanced:</b> 1:30 – 2:20 p.m. Open Space	Latin, Ballroom, Swing, Country, Big Band, Motown, and much more. Line Dancing is one of the most fun dances out there because you can do it anywhere and you don't need a partner!
--	--	---	---