



Fairfax County

# Neighborhood & Community Services

[www.fairfaxcounty.gov/neighborhood-community-services](http://www.fairfaxcounty.gov/neighborhood-community-services)

## Hollin Hall Senior Center

**Address:** 1500 Shenandoah Road  
Alexandria, VA 22308

**Hours:** Monday-Friday, 8 a.m. - 4 p.m.

**Phone:** 703-765-4573, TTY 711

### September, October, November 2024

\*Holiday Closures: September 2; November 5, 11, 28, 29

#### PROGRAMS / ACTIVITIES

Title	When	Time	Description
<b>Cozy Mystery Book Club</b> with Patti	<b>2<sup>nd</sup> Monday</b> (With exception of holidays) Sep 9, 2024 Oct 14, 2024 Nov 11, 2024	1 p.m.	Cozy mystery books, provided by Fairfax County Public Library, are read, and discussed. Books are chosen as a group. Sign up in Main Office for book
<b>Book Club</b> with Veronica	<b>4<sup>th</sup> Wednesday</b> Sep 25, 2024 Oct 23, 2024 Nov 27, 2024	1 p.m.	The 'original' book club where members choose which books they're interested in from different genres. (Drop-in)
<b>Welcome Orientation</b> and Tour of Hollin Hall Sr. Center	<b>3<sup>rd</sup> Monday</b> (with exception of holidays) Sep 16, 2024 Oct 21, 2024 Nov 18, 2024	1 p.m.	Led by center member Jan Kestyn. Open to all newly registered center members or those considering membership to NCS senior centers. (Drop-in)
<b>Karaoke Sing A-Long</b> ~ Reservations Required – Sign up in Binder in Main Lobby	<b>1<sup>st</sup> &amp; 3<sup>rd</sup> Monday</b> Sep 16, 2024 Oct 7 & 21, 2024 Nov 4 & 18, 2024	1 p.m.	Do you have a good singing voice? Or do you just believe you do? Join us for a fun-filled afternoon of singing to the tunes you grew up with! (Drop-in)

<p><b>Basic Drawing and Painting</b>  <b>**This is a 3 month/quarterly commitment.</b></p>	<p><b>Fridays</b>  in  September, October,  November</p>	<p>10 – 11:30  a.m.</p>	<p>Learn basic drawing and painting techniques w/Mel Applebaum &amp; Christina Curley. <b>16 Student Limit</b>  . Explore color and learn about famous artists.  <b>**The expectation is that you're able to attend the entire 90-minute class without conflicts of another class at the same time.</b>  Registration is Required - Sign up in Binder in Main Lobby</p>
<p><b>NEW!</b>  <b>Bingo's Back!!</b>  We're goanna give it a try</p>	<p><b>1st Wednesday,</b>  Sep 4, 2024  Oct 2, 2024  Nov 6, 2024</p>	<p>1 p.m.</p>	<p>Play for small prizes with a variety of challenging bingo games.  Reservations preferred but Drop-ins are Welcome</p>
<p><b>Games, Games, Games.</b></p>	<p><b>Monday</b></p>	<p>1 p.m.</p>	<p>Join us for a fun afternoon of your choice of game. We focus on Rummikub, Sequence, and/or Backgammon. (Drop-in)</p>
<p><b>Meditation</b></p>	<p><b>Tuesday</b></p>	<p>9:15 a.m.</p>	<p>Learn to relax, be mindful and in the moment, and experience gratitude. Free with senior center membership. (Drop-in)</p>
<p><b>Open Fitness Room</b></p>	<p><b>Monday through Friday</b></p>	<p>8 a.m. – 4 p.m.</p>	<p>Our fitness room is perfect, especially during days of extreme weather which makes it hard to exercise outdoors. We offer stationary bikes, treadmill, elliptical, and cross-trainer machines. No sign-up required.</p>
<p><b>Ping Pong/Table Tennis</b></p>	<p><b>Tuesday and Friday</b></p>	<p>12 noon to 2 p.m.</p>	<p>Two tables available. Table tennis improves balance, does not put excessive stress on your joints, and aids in improving mental alertness through eye-hand coordination. This combination of movement, thinking, and socialization makes this a perfect activity for older adults. Free with senior center membership. (Drop-in)</p>
<p><b>Needle Workers (knit &amp; crochet)</b>  <b>'Kaps for Kids' Service Project</b></p>	<p><b>Tuesday</b></p>	<p>1 - 3 p.m.</p>	<p>Welcome all knitters and crocheters! Yarn provided and some needles or bring your own. Group knits and crochets scarves and hats throughout the year to give to various charitable organizations. Individuals can work on their own projects as well. Free with senior center membership. (Drop-in)</p>
<p><b>Game Night</b></p>	<p><b>1<sup>st</sup> &amp; 3rd Wednesday</b>  Sep 4 &amp; 18, 2024  Oct 2 &amp; 16, 2024  Nov 6 &amp; 20, 2024</p>	<p>5:30 - 8:30 p.m.</p>	<p>Learn a new game, meet new friends! After all, having fun is what it's all about, right???</p> <p>Beverages provided. Bring a snack, dip, or munchie to share!  Reservations Required – Sign up in Binder in the Main Labby.</p>

<b>Current Events &amp; News Discussion,</b> with Dennis VanLangen	<b>Wednesday</b>	10 – 11 a.m.	One of Hollin Hall's newest volunteers, Dennis, will facilitate a weekly forum for thoughtful, forthright, and respectful exchange of information and opinions on current world, U.S., and regional news. All participants have an equal opportunity to comment without interruption and all opinions are respected. Reservations Required – Sign up in the Binder in the Main Lobby
<b>Harmonica Club</b>	<b>Friday</b>	11 a.m.	Bring your own harmonica. Free with senior center membership. (Drop-in)
<b>Hollin Hall Band</b> (practice)	<b>Thursday</b>	11 a.m.	Polish off that instrument and come join the fun!! An eclectic assortment of instruments makes up this band that is known to travel the County to do performances. Free with senior center membership. Contact staff Veronica Cartier at HHSC for more details.
<b>Mah Jongg (American version)</b>	<b>Tuesday and Friday</b>	1 p.m.	Free with senior center membership. (Drop-in)
<b>Mt. Vernon Genealogical Society (MVGS) Library</b>	<b>Tuesday, Wednesday, Thursday</b>	10 a.m.-2 p.m.	This educational library is open to the community and staffed by Mt. Vernon Genealogical Society volunteers.
<b>Conversational French</b> Self-Led	<b>Wednesday</b>	2-3 p.m.	For those that have a basic understanding of the French language to converse. Free with senior center membership. (Drop-in)
<b>4 H's Duplicate Bridge Club</b> ACBL Sanctioned Duplicate Bridge	<b>Monday/Thursday</b>	10:30 a.m.	4 H's Duplicated Bridge is looking for new players for their ACBL sanctioned duplicate bridge club. Contact Kermit Quick for more information at 703-399-1914 or email <a href="mailto:keq@cox.net">keq@cox.net</a> . Free with Fairfax County senior center membership.
<b>Duplicate Bridge</b>	<b>Wednesday</b>	11 a.m.	Bridge sessions played with partners. Call center for information on duplicate bridge sessions. Free with senior center membership.
<b>Chess</b>	<b>Wednesday</b>	10 a.m.	Free with senior center membership. (Drop-in)
<b>Military History – with Owen Hammett</b>	<b>2nd Monday</b> Sep 9, 2024 Oct 14, 2024 Nov 11, 2024	10 a.m.	Free with senior center membership. (Drop-in)

<b>Photo Club</b>	<b>2nd Friday</b> Sep 13, 2024 Oct 11, 2024 Nov 8, 2024	10 a.m.	Come join a like-minded group of photography enthusiasts. Free with senior center membership. (Drop-in)
<b>Railroad Club/Group</b>	<b>3rd Thursday</b> Sep 19, 2024 Oct 17, 2024 Nov 21, 2024	10 a.m.	<b>Sept:</b> US Army Transportation Corp. w/Phil Simpson; <b>Oct:</b> Railroad Stations in American Life w/Richard Niemann; <b>Nov:</b> PSR and PTC on American Railroads w/Steve Ditmeyer  Free with senior center membership. (Drop-in)
<b>Sewing Group</b>	<b>Monday</b>	12:30 p.m.	All sewing levels. Willing to help others with techniques and their projects. Free with senior center membership. (Drop-in)
<b>Singing Group</b>	<b>Thursday</b>	1 p.m.	Free with senior center membership. (Drop-in)
<b>Theater Reading Group</b>	<b>Tuesday</b>	1:15 p.m.	The club is open to all and offers members the opportunity to read, role play, and act scenes and short plays to entertain themselves and our friends. Acting experience NOT necessary. No memorization of lines necessary. Come join us to try out your acting skills and enjoy the fellowship and have fun.
<b>iPads, iPhones, and Windows Support with Larry Dempsey</b>	<b>1<sup>st</sup> Wed/2<sup>nd</sup> Thurs</b> September 4 & 12 October 2 & 10 November 6 & 14	12:30 – 3:30 p.m.	There will be no formal class until December 2024. <b>1<sup>st</sup> Wednesday and 2<sup>nd</sup> Thursday</b> Walk in, Drop in.
<b>Computer Help</b>	<b>Tuesday</b>	10 a.m.- 1 p.m.	Hollin Hall has a new volunteer, George Lee, who will be available Tuesdays to do one-on-one sessions to help with your phones, iPads, and Kindles too Sign up for 1-on1- sessions @HH or call for further details. Please sign up for a session in the binder in the Main
<b>Open Clay Studio – Hand Built Pottery</b>	<b>Monday</b>	11 a.m. to 12:30 p.m.	Open studio with center member there to assist people with their hand-built pottery pieces, glazing and firing. (Drop-in.)

<u>CLASSES</u>			
Title	When	Time	Description
<b>American Kenpo</b>	<b>Wednesday Night</b>	7 p.m.	An updated system of martial arts. All attendees must register to become a center member during the day (8 a.m.-4 p.m.) to participate. Free with senior center membership. (Drop-in)
<b>Jazzercise Lite</b>	<b>Monday, Tuesday, Thursday and Friday</b>	M: 10:00 a.m. T: 10:15 a.m. Th: 10:15 a.m. Fr: 11:00 a.m.	Certified Jazzercise instructors. Work-out can be 'light' with modifications from instructor or more intense as desired. Free with senior center membership. <b>**Note: Class size is limited to 40.</b> <b>See staff to register for one of the 4 classes and to fill out a Jazzercise registration and liability waiver.</b>
<b>S.A.I.L.</b>	<b>Tuesday and Thursday</b>	9:05 a.m.	<b>S.A.I.L</b> is an evidenced-based fall prevention exercise program designed for older adults to "Stay Active and Independent for Life." These classes are free with a senior center membership. Spaces are limited. Registration is required for each quarterly session.
<b>S.A.I.L. (Second offering)</b>	<b>Monday and Wednesday</b>	2:30 p.m.	Evidenced-based fall prevention exercise program designed for older adults to "Stay Active and Independent for Life." Spaces are limited. Registration is required for each quarterly session.
<b>Group Piano Classes Beginning July 2, 2024</b> Call Hollin Hall Senior Center for sign-up information <b>**NOTE: This session will end September 24</b>  <b>Next Session: TBD</b>	Tuesdays, 9:30-10:30, Class A <b>Beginner</b>  Tuesdays, 10:30-12:00, Class B, <b>Intermediate</b>		Class A beginner-level piano instruction covers basics of piano: - warm-up, posture, hand technique - keyboard geography and the musical alphabet for successful advancement – the 12-week course will conclude with an individual recital of a song each student has chosen for themselves & practiced to performance level.  Class B intermediate-level piano instruction guides learners into more advanced areas of study: participants will have good familiarity with and proficiency in all the components of Class A goals and be able to demonstrate their readiness for intermediate instruction. Same format, expectations, and etiquette as the beginner class
<b>Tap Class – Intermediate</b>	<b>Monday</b>	12:30 p.m.	Dust off those old tap shoes and join us for fun, informative, instruction in a relaxed atmosphere! (Drop-in)
<b>Low Impact Exercise</b>	<b>Monday and Wednesday</b>	11 a.m.	Focus on strength, endurance and flexibility using resistance bands. No floorwork. Chair Friendly. (Drop-in)

<b>Tap Class – Beginner</b>	<b>Monday</b>	1:30 p.m.	Dust off those old tap shoes and join us for fun, informative, instruction in a relaxed atmosphere! (Drop-in)
<b>Tai Chi – Beginner</b>	<b>Thursday</b>	8:10 a.m.	This is beginner class with no or minimal Tai Chi experience. Free with senior center membership. (Drop-in)
<b>Tai Chi – Intermediate</b>	<b>Tuesday</b>	8:10 a.m.	A class for those who have completed the beginner Tai Chi class or those with previous experience. Free with senior center membership. (Drop-in)
<b>Tai Chi – Advanced</b>	<b>Wednesday</b>	8:10 a.m.	An advanced Tai Chi class using swords with movement. Previous Tai Chi experience necessary. Free with senior center membership. (Drop-in)
<b>Strength Training</b>	<b>Tuesday and Thursday</b>	9 a.m.	Self-led class using an instructional DVD Free with senior center membership. (Drop-in)
<b>Exercise with Patty</b>	<b>Wednesday and Friday</b>	9 a.m.	An all-around fitness program that includes cardio, strength and endurance, balance, and relaxation. Free with senior center membership. (Drop-in)
<b>Mixed Media Art Group</b>	<b>Tuesday and Thursday</b>	11:30 a.m.	Participants will work on their own projects and, on occasion, joint exercises, such as drawing from a live model. There will be no instruction other than suggestions from other members. Basic drawing skills are required, familiarity with the use of paints and colors is helpful. (Drop-In)
<b>Chuck Mason’s Card Classes</b>	<b>1st and 3rd Wednesday</b> Sep 4, & Sep 18, 2024 Oct 2, & Oct 16, 2024 Nov 6, & 20, 2024	10 a.m. 1 p.m.	At each class, 5 cards will be created. There will be a theme for each month, either holiday related or cards for different occasions: i.e. birthdays, anniversaries, get well, etc. <b>\$15.00 Supply Fee to be Paid in the Class</b> There will be 2 classes each day, at 10 a.m. & 1 p.m.
<b>Woodworking with Mickey Post</b> <i>*Safety class is required before using shop tools and machines.</i>	<b>2nd and 4th Wednesday</b> Sep 11, & Sep 25, 2024 Oct 9, & Oct 23, 2024 Nov 13, & Nov 27, 2024	10 a.m.	Program topics include a discussion of woodworking techniques, tools to be used, discussion of participants’ projects, and actual work on participants’ projects. Free with senior membership. New members Welcome. Reservations Required. Sign up in the Binder in Main Lobby.

<b>Chair Yoga for Everyone!</b> with instructor Jess Purtell	<b>Tuesday</b>	1:45 p.m.	In this gentle moving class, we will use chairs, to sit on or stand using the chair for support. We will learn new ways to focus on our breath, move our body and have fun! Leave feeling restored and rebalanced. Join in and give your body an hour of love and kindness. (Drop-in)
<b>Mt. Vernon Genealogical Society – Workshop</b> w/Linda MacLachlan “Entering Information onto Find a Grave”	<b>Monday,</b> September 9, 2024	10 a.m. – 12 Noon	The purpose of the workshop is to learn how to add information onto the Find a Grave website. The workshop is limited to 6. Contact: <a href="http://www.mvgenealogy.org">www.mvgenealogy.org</a> to Register
<b>Mt. Vernon Genealogical Society – Workshop</b> w/Linda MacLachlan “Entering Information onto Find a Grave”	<b>Monday,</b> October 7, 2024	1 – 3 p.m.	The purpose of the workshop is to learn how to add information onto the Find a Grave website. The workshop is limited to 6. Contact: <a href="http://www.mvgenealogy.org">www.mvgenealogy.org</a> to Register
<b>Mt. Vernon Genealogical Society Training Class</b> “Where Did I Put That? Lessons in Organizing our Work” presented by Janet Bailey	<b>Friday,</b> October 25	1 – 3 p.m.	To register for the class, please send an email with the class name and date, and your name and phone number to Amy Breedlove at <a href="mailto:albreedlove@comcast.net">albreedlove@comcast.net</a>
<b>Mt. Vernon Genealogical Society – Workshop</b> w/Linda MacLachlan Entering information on Familysearch’s Family Tree	<b>Monday,</b> November 12	10 a.m. – 12 Noon	The purpose of the workshop is to learn how to post information onto the family tree on the Familysearch.org website. Workshop is limited to 6 participants. Contact <a href="http://www.mvgenealogy.org">www.mvgenealogy.org</a> to Register
<b>Line Dance</b> With Shirley Genter	<b>Wednesday</b>	1-2 p.m.	Learn basic line dance steps to a variety of music styles. Drop In! All levels are welcomed.
<b>Fitness Equipment Explained -</b>	<b>Friday, September 13</b> <b>Friday, October 11</b> <b>Friday, November 15</b>	1-2 p.m.	Instructional overviews for all the exercise equipment at Hollin Hall w/Kyle Millington Reservations Preferred – Sign up in Binder in Main Lobby
<b>Acrylic Paint Pour w/Christina Curley</b>	<b>Fridays, September 20</b> <b>October 25</b> <b>November 8</b>	12:45 – 2:45 p.m.	Acrylic paint pouring is a fun way to create art at any skill level! It’s a great fluid art medium and it just takes the right tools and a bit of letting go of control of art turning out “perfectly”. In fact, the more imperfect this art is, the better! Wear a smock or old shirt - Reservations Required – Sign up in Binder in Main Lobby

<u>Events/Trips</u>			
Title	When	Time	Description
Hollin Hall's Annual Oktoberfest Luncheon with Entertainment! ~	Wednesday, September 25	Noon	Usher in the fall with some Bratwurst and Kraut on a bun while being entertained by the Mt. Vernon Community German Band. <b>Sign up in Main Office with a suggested \$3.00 donation for the entrée, dessert, and beverage!</b>
Cooking Demo, with Visiting Chef, Peter Lattu.	Thursday September 12	Noon	<b>Peter will be demonstrating a Qorma-e-nakhod</b> — Stewed Chickpeas With Spinach and Goat Cheese; an Afghan chickpea stew from The World Central Kitchen Cookbook by Jose Andres. Reservations Required – Sign up in Binder in Main Lobby <b>Limited spaces available</b>
<b>BOO!!! Happy Halloween Party!</b>	Thursday, October 31	1-3 p.m.	Come in your costume, or come as you are, and have fun! Music, games, costume contests, “finger” foods/snacks, and a spooky punch. Reservations Required – Sign up in Orange Binder
<b>Charter Trip to Nationals Park</b>	Saturday, September 28	4 p.m. Game	Nats vs. Phillies These FREE tickets are the last of the season! Limited tickets to senior center members ONLY. Sign up in-person in the Main Office of Hollin Hall.
<b>Trips of Necessity</b>	Wednesdays	10 a.m.- 2 p.m.	9/4 Kingstowne, Giant, Banner Halmark, la Madeleine 9/11 Bradlee Shopping Center, Fresh Market, Beeline Diner 9/18 Village @ Shirlington, T.H.A.I. Guapo's 9/25 World Market, Chopt Creative Salad Co, Home Goods 10/2 Hayfield Shopping Center, House of Dynasty, Dollar Tree 10/9 Rose Hill Plaza, Pho Kin Restaurant, Namaste Cuisine 10/16 Torpedo Factory, Chadwick's, The Wharf, Chart House 10/23 Trader Joe's Alexandria, Talbots 10/30 Lidl Grocery Springfield, El Paso Restaurant 11/6 Wegman's Market, Bruster's Real Ice Cream 11/13 Royal Restaurant Brunch, Alexandria 11/21 Dutch Village Market, Upper Marlboro Md 11/27 Gaylord National Harbor
<u>Community Meetings and Community Use</u>			
Title	When	Time	Description



<p align="center"><b>HHSC Advisory Council</b></p>	<p align="center"><b>1st Thursday</b> September 5, 2024 October 3, 2024 November 7, 2024</p>	<p align="center">10 a.m.</p>	<p>HHSC Advisory Council consists of board positions and members-at-large voted in by the membership of Hollin Hall. Designed to fundraise, address concerns of membership to HH Staff, fund requests of membership need that will enhance the programs, clubs, and activities at the center. New board members are elected in November before each new calendar year. All center members are welcome to attend these meetings.</p>
<p align="center"><b>Ikebana International</b></p>	<p align="center">Every 1<sup>st</sup> Wednesday</p>	<p align="center">9:30 a.m.</p>	<p>Ikebana is a style of flower arrangement that started in Japan. The style is minimalistic and emphasizes the use of space and line. One can have a beautiful arrangement using one, two or three stems, branches and greens. *This is an outside group meeting monthly. Must be an Ikebana member to attend. Call center for contact information to join.</p>
<p align="center"><b>Mt. Vernon House and Garden</b></p>	<p align="center">Every 2<sup>nd</sup> Wednesday</p>	<p align="center">9:30 a.m.</p>	<p>The Mount Vernon House and Garden Club is a social community organization devoted to creating and fostering ideas for the home, the arts and gardening. Meetings feature guest speakers and demonstrations related to these ideas. We also take field trips to areas of interest. Dues are \$20 yearly.</p>
<p align="center"><b>Mt. Vernon Genealogical Society Monthly general meeting</b></p>	<p align="center"><b>3rd Tuesday</b> September 17, 2024 October 15, 2024 November 19, 2024</p>	<p align="center">1 p.m.</p>	<p>Topics of interest on the agenda for each monthly meeting include an array of guest speakers, expert in genealogy. Open to the public. For further information contact <a href="http://www.mvgenealogy.org">www.mvgenealogy.org</a> <b>**Event may be in-person at HHSC, virtual or hybrid format.</b></p>
<p align="center"><b>Mt. Vernon Quilter's Unlimited General meeting</b></p>	<p align="center"><b>2<sup>nd</sup> &amp; 4th Tuesday</b> Sep 10, &amp; Sep 24 Oct 8 &amp; Oct 22 Nov 12 &amp; Nov 26</p>	<p align="center">12:30 p.m.</p>	<p align="center">Open to the community. (Drop-in)</p>
<p align="center"><b>Mt. Vernon Quilter's Unlimited Charity 'bees'</b></p>	<p align="center"><b>1st, 3<sup>rd</sup>, &amp; 5th Tuesday</b> Sep 3 &amp; 17 Oct 1, 15, 29 Nov 5 &amp; 19</p>	<p align="center">12:30 p.m.</p>	<p>Call Hollin Hall Senior Center to inquire about membership for this group or for a contact name and phone number.</p>