



Fairfax County

# Neighborhood & Community Services

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

## James Lee Senior Center

**Address:** 2855 Annandale Rd  
Falls Church, VA 22042

**Hours:** Monday – Friday, 9 a.m. to 4 p.m.

**Phone:** 703-534-3387

### September, October, November 2024

#### PROGRAMS / ACTIVITIES

Title	When	Time	Description
<b>Blood Pressure Screening</b>	Wednesdays	11:45 p.m. – 12:45 p.m.	Free blood pressure screening.
<b>Fitness Center</b>	Monday - Friday	9 a.m. – 8 p.m.	Seniors can participate in health and fitness programs designed to help improve strength and flexibility.
<b>Pickleball (Seniors and Adults)</b>	Monday Afternoon Tuesday Evenings Wednesday Morning	1 p.m. – 3 p.m. 6 p.m. – 9 p.m. 9 a.m. – Noon Monroe Gym	Paddle sport for all ages and all athletic ability levels. Pickleball is a real sport and fun! Think of it as table tennis, meets traditional tennis, meets badminton. Outside net available too.
<b>Billiards</b>	Monday - Friday	9 a.m. – 8 p.m.	Social space in which seniors can play billiards or ping pong and have conversation.
<b>Computer Club House</b>	Monday - Friday	9 a.m. – 2 p.m. 6 a.m. – 9 p.m.	Access to use of the computers.

#### MORNING PROGRAMMING

<b>Mindfulness and Brain Teasers</b>	Monday - Friday	9 a.m. – 10 a.m. Multi-purpose room	Designed to bring awareness, calm, and balance to participants as they arrive. Activities encourage active and respectful engagement with others. Types of activities include announcements, ice breakers, discussions on current events, brain teasers, word games, and Sudoku.
<b>Senior Walking</b>	Monday - Friday	9 a.m. – 10 a.m. Monroe or White Gym	Independent walkers get in their daily steps.
<b>Line Dancing</b>	Mondays	10 a.m. – 11 a.m. 11 a.m. – Noon Monroe Gym	Join other dancers and learn some various line dances. It's fun and great exercise!

<b>Men's Senior Basketball (50+)</b>	Tuesdays & Fridays	9 a.m. – Noon White Gym	All skill level basketball program that helps foster athleticism and increase health and cardio. 50+
<b>Chair Exercise</b>	Mon., Wed., Fri.	10 a.m. – 11 a.m. Multi-purpose room	Exercises led by staff with or without a video. Exercises focus on strength, endurance, coordination, range of motion, and stretching.
<b>S.A.I.L.</b>	Tuesdays & Thursdays	10 a.m. – 11 a.m. Multi-purpose room	Standing or sitting, participants will follow exercises focused on stretching, flexibility, relaxation, and breathing to increase their strength and endurance.
<b>Creative Corner</b>	Mondays & Fridays	11 a.m. – Noon Multi-purpose room	Quick and simple arts and craft projects are provided and facilitated to spark imagination and creativity.
<b>Discussion Groups</b>	Tues., Wed., Thurs.	11 a.m. – Noon Multi-purpose room	Please join us for an interesting informal discussion or activity over a cup of coffee.
<b>Tai Chi – Ms. Pham</b>	Wednesdays	10:30 a.m. – 12:30 p.m. White Gym	A Chinese meditative exercise incorporating slow fluid movements incorporated with floor exercise.
<b>Chi Kung - Mai</b>	Thursdays	10 a.m. – 11 a.m. White Gym	A Chinese meditative exercise incorporating slow fluid movements and deep rhythmic breathing that cultivates and balances chi or translated as "life energy."
<b>Tai Chi - Mai</b>	Thursdays	11 a.m. – Noon White Gym	Chinese meditative practices which use slow graceful movements and controlled breathing techniques that strengthen your mind-body connection, reduce stress, promote serenity, and improve circulation.
<b>AFTERNOON PROGRAMMING</b>			
<b>Chi Kung - Mai</b>	Mondays	12 p.m. – 1 p.m. White Gym	A Chinese meditative exercise incorporating slow fluid movements and deep rhythmic breathing that cultivates and balances chi or translated as "life energy."
<b>Tai Chi - Mai</b>	Mondays	1 p.m. – 2 p.m. White Gym	Chinese meditative practices which use slow graceful movements and controlled breathing techniques that strengthen your mind-body connection, reduce stress, promote serenity, and improve circulation.
<b>Pottery and Ceramics</b>	Mondays	1 p.m. – 3 p.m. Art room	Get your hands dirty and create an original piece of art using clay with glazes to fire in a kiln.
<b>Adult Volleyball</b>	Mondays	2 p.m. – 4 p.m. Joyce White Gym	All Fairfax County adult members are welcome to play.
<b>Fun &amp; Games</b>	Tuesdays	1 p.m. – 3 p.m. Multi-purpose room	Different games are played to encourage members to have fun, socialize, and get to know each other.
<b>Northern Virginia Senior Softball</b>	Tuesdays and Thursdays	1 p.m. – 3 p.m. Monroe Gym	Seniors practice softball skills as a team.
<b>Yoga</b>	TBD	TBD	The class will be a yoga flow class for all levels.

<b>Sewing - Registered Senior Center members only</b>	Wednesdays	12:30 p.m. – 3:30 p.m. Multi-purpose room	Sewing class where the instructor will teach the basics of sewing and how to use a sewing machine for simple projects. Please bring your machine if you have one. Class size is limited to the number of sewing machines.
<b>Adult Ping Pong Club</b>	Wednesdays	1 p.m. – 3 p.m. Monroe Gym	All Fairfax County adult members are welcome to play.
<b>Nutrition and Wellness Club</b>	Thursdays	1 p.m. – 3 p.m. Multi-purpose room	Together we will learn about healthy diet and nutrition, cooking for two, share recipes, and even prepare some dishes together!
<b>Independent Activities</b>	Fridays	1 p.m. – 3 p.m. Multi-purpose room	The Multipurpose room will be available for a choice of activities per participants. Activities range from jewelry making, origami, karaoke, and more. Helping in the community garden is always an option too!
<b>Advanced Line Dancing</b>	Fridays	1 p.m. – 3 p.m. Monroe Gym	Join other dancers and learn more mastered skills of line dance. Great exercise at a higher intensity level.
<b>EVENING/WEEKEND PROGRAMMING</b>			
<b>Adult Recreation Basketball</b>	Mondays	6 p.m. – 9 p.m. White Gym	Open gym for all skill level basketball program that helps foster athleticism and increase health and cardio.
<b>Adult Recreation Pickleball</b>	Tuesdays	6 p.m. – 9 p.m. Monroe Gym	Paddle sport for all and is fun! Think of it as table tennis, meets traditional tennis, meets badminton.
<b>Zumba</b>	Wednesdays Saturdays	7 p.m. – 8 p.m. Monroe Gym 1 p.m. – 2 p.m. Joyce White Gym	This course involves fast high intensity exercise with dance movements to music.
<b>NOVA United Women’s Basketball</b>	Wednesdays Fridays	5 p.m. – 9 p.m. White Gym	All skill level basketball program that helps foster athleticism and increase health and cardio. 50+
<b>Adult Volleyball</b>	Fridays	7 p.m. – 9 p.m. Monroe Gym	All Fairfax County adult members are welcome to play.
<b>Adult Badminton</b>	Thursdays Saturdays	6 p.m. – 9 p.m. Monroe Gym	All Fairfax County adult members are welcome to play.
<b>Adult Ping Pong Club</b>	Saturdays	1 p.m. – 3 p.m. Monroe Gym	All Fairfax County adult members are welcome to play.
<b>TRIPS OF NECESSITY</b>			
<b>Title</b>	<b>When</b>	<b>Time</b>	<b>Description</b>
Walmart, Fair Lakes	Monday, September 9	10:00a.m. – 12:30p.m.	Trip of Necessity – Shopping and lunch
Olleys, Manassas	Monday, September 23	10:00a.m. – 12:30p.m.	Trip of Necessity – Shopping and lunch
Dollar Tree, Landmark	Monday, October 14	10:00a.m. – 12:30p.m.	Trip of Necessity – Shopping and lunch

Walmart, Fair Lakes	Monday, October 28	10:00a.m. – 12:30p.m.	Trip of Necessity – Shopping and lunch
Five Below, Fairfax	Monday, November 4	10:00a.m. – 12:30p.m.	Trip of Necessity – Shopping and lunch
Walmart, Fairfax	Monday, November 4	10:00a.m. – 12:30p.m.	Trip of Necessity – Shopping and lunch
<b>CHARTERED TRIPS</b>			
Apple Picking	Thursday, September 12	10:00 a.m. – 2:00 p.m.	Chartered Trip
Hillwood Estate and Gardens	Wednesday, September 18	10:00 a.m. – 2:00 p.m.	Chartered Trip \$12 Entrance Fee
Cox's Farm <b>CANCELLED</b>	Thursday, September 26	10:00 a.m. – 2:00 p.m.	Chartered Trip \$10 Discount Tickets
National Zoo (rescheduled)	Thursday, October 10	10:00 a.m. – 2:00 p.m.	Chartered Trip
Picnic in the Park	Wednesday, October 16	10:00 a.m. – 2:00 p.m.	Chartered Trip
Old Town	Wednesday, October 30	10:00 a.m. – 2:00 p.m.	Chartered Trip
Leesburg Outlets	Thursday, November 7	10:00 a.m. – 2:00 p.m.	Chartered Trip
TBD	Thursday, November 14	10:00 a.m. – 2:00 p.m.	Chartered Trip
<i>Other Chartered Trips TBD</i>			
<b>SPECIAL EVENTS</b>			
<b>Monthly BIRTHDAY Celebrations</b>	TBD each month	Noon	Cake will be served during lunch.
<b>Halloween Party</b>	Thursday, October 24	10:00 a.m. – 2:00 p.m.	COSTUME PARTY! You must sign up to participate.
<b>Thanksgiving Feast</b>	Thursday, November 21	10:00 a.m. – 2:00 p.m.	POTLUCK! You must sign up to participate.
<b>CLOSURES</b>			
<b>HOLIDAY – Labor Day</b>	Monday, September 2	CLOSED	Centers will be closed in observance of the holiday.
<b>ELECTIONS</b>	Tuesday, November 5	CLOSED	Centers will be closed in observance of the holiday.
<b>HOLIDAY – Veteran's Day</b>	Monday, November 11	CLOSED	Centers will be closed in observance of the holiday.
<b>HOLIDAY – Thanksgiving</b>	November 28 & 29	CLOSED	Centers will be closed in observance of the holiday.