



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, 8 a.m. to 4 p.m.

**Phone:** 703-534-3387

**March, April, May 2025**

### 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</b> (Seniors and Adults)	Monday Afternoon Tuesday Evenings Wednesday Morning	1 p.m. – 3 p.m. 6 p.m. – 9 p.m. 9 a.m. – 12 p.m. 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. – 12 p.m. Monroe Gym	Join other dancers and learn some various line dances. It's fun and great exercise!

<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>Men's Senior Basketball (50+)</b>	Tuesdays & Fridays	9 a.m. – 12 p.m. White Gym	All skill level basketball program that helps foster athleticism and increase health and cardio. 50+
<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. – 12 p.m. 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. – 12 p.m. 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>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. Ends om March 27.
<b>Yoga</b>	Tuesdays	4:30 p.m. – 5:30 p.m. Location TBD	The class will be a yoga flow class for all levels.

<b>Sewing - Registered Senior Center members only</b>	Wednesdays	1:30 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>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.

### **EVENING/WEEKEND PROGRAMMING**

<b>Adult Recreation Basketball</b>	Mondays Thursdays	6 p.m. – 9:15 p.m. 7:30 p.m.-9:15 p.m.	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. – 9:15 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>	Wednesdays  Fridays	7 – 9:15 p.m. (JYG) & 8p.m. – 9:15 p.m. (MG)  7 p.m. – 9:15 p.m. Monroe Gym	All Fairfax County adult members are welcome to play.
<b>Adult Badminton</b>	Thursdays  Saturdays	6 p.m. – 9:15 p.m. (Monroe Gym)  5 p.m. – 9:15 p.m. (JW Gym) & 6 p.m.- 9:15 p.m. (Monroe Gym)	All Fairfax County adult members are welcome to play.

### **TRIPS OF NECESSITY**

Title	When	Time	Description
Ollies, Manassas	Monday, March 10	10:00a.m. – 12:30p.m.	Trip of Necessity – Shopping and lunch
Walmart Fair lakes	Monday, April 14	10:00a.m. – 12:30p.m.	Trip of Necessity – Shopping and lunch
Dollar Tree, Landmark	Monday, May 12	10:00a.m. – 12:30p.m.	Trip of Necessity – Shopping and lunch
<b>CHARTERED TRIPS</b>			
The Botanical Gardens	Thursday, March 13	10:00 a.m. – 2:00 p.m.	Chartered Trip
Cherry Blossoms	Thursday, March 27	10:00 a.m. – 2:00 p.m.	Chartered Trip
Blue Bells at Riverbend Park	Wednesday, April 9	10:00 a.m. – 2:00 p.m.	Chartered Trip
National Harbor	Thursday, April 24	10:00 a.m. – 2:00 p.m.	Chartered Trip
Hillwood Estate and Gardens	Thursday, May 1	10:00 a.m. – 2:00 p.m.	Chartered Trip
National Zoo	Wednesday, May 21	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	12:00 p.m.	Cake will be served during lunch.
<b>Mardi Gras Celebration</b>	Tuesday, March 4	10:00 a.m. – 1:00 p.m.	King Cake and ice cream!
<b>Holi (Hindu Celebration of colors)</b>	Friday, March 14	10:00 a.m. – 12:00 p.m.	Video and colorful activity
<b>St. Patrick's Day Celebration</b>	Monday, March 17	10:00 a.m. – 2:00 p.m.	A little Irish fun for all!
<b>Earth Day</b>	Friday, April 25	10:00 a.m. – 1:00 p.m.	Awareness to Action
<b>Cinco de Mayo</b>	Monday, May 5	10:00 a.m. – 2:00 p.m.	Tacos and Tortillas!
<i>Other Special Events TBD</i>			
<b>CLOSINGS</b>			
<b>HOLIDAY – Memorial Day</b>	Monday, May 26	CLOSED	Centers will be closed in observance of the holiday.