



Fairfax County

# Neighborhood & Community Services

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

## Jim Scott Senior Program

**Address:** 3001 Vaden Drive  
Fairfax, VA 22031

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

**Phone:** 703-865-0520, TTY 711

### September/October/November 2024

#### IMPORTANT CENTER DATES

Title	When	Time	Description
<b>CLOSED</b>	See description	All Day	We will be closed in observance of: Labor Day: Aug 31- Sept 2   Election Day: November 5 Veteran’s Day: November 9-11 Thanksgiving Day: November 28-December 1.
<b>Fitness Classes Begin</b>	See Description	Please check class schedule	Tai Chi, Ballroom and SAIL will begin September 3. Line Dancing begins September 11. Zumba begins September 12.
<b>Stronger Memory Registration</b>	September 3 & 4	10am – 2pm	Join George Mason Students and register for a new program: Stronger Memory!
<b>School Holiday’s/SACC will be in the building</b>	See description	See description	SACC will be in the facility 7 a.m. – 6:15 p.m. Room and gym availability may be affected on the following days October 3, 4, 14 and 31 November 1, 4 and 27

<p style="text-align: center;"><b>Voting</b> <i>No Table Tennis in multipurpose room 2.</i></p>	<p style="text-align: center;">See description</p>	<p style="text-align: center;">See description</p>	<p>Early Voting   October 17-November 2 Monday-Friday 1p.m. – 7 p.m. Saturday (Oct 19, 26 and Nov 2) 9 a.m. – 5 p.m. Sunday (Oct 27): 1 p.m. – 5 p.m.</p> <p>Election Day   November 5   Tuesday 6 a.m.-7 p.m.</p>
<p><i>Supervisor Palchik and School Board Chair Frisch</i></p> <p style="text-align: center;"><b>Providence Day</b></p>	<p style="text-align: center;">October 5</p>	<p style="text-align: center;">11 – 3 p.m.</p>	<p>Providence Day and back to school celebration at George Marshall High School. Shuttle will be provided from Jim Scott and James Lee Community Center.</p>
<p style="text-align: center;"><b>Gymnasium closure</b></p>	<p style="text-align: center;">See description</p>	<p style="text-align: center;">See Description</p>	<p>Gymnasium will be closed for events on: Saturday, September 28, 9 – 6:30 p.m. Senior Olympics Thursday, October 3, 9 a.m. – 3 p.m. Career Fair Friday, October 11, starting at 6 p.m. for event set up Saturday, October 12, 9 a.m. – 4 p.m. Library Con Friday, October 18, starting at 6 p.m. for event set up Saturday, October 19, 9 a.m. – 4 p.m. Community Day</p>
<p style="text-align: center;"><b>Career Fair</b></p>	<p style="text-align: center;">October 3</p>	<p style="text-align: center;">9 a.m. – 3:30 p.m.</p>	<p>In person career fair for all ages.</p>
<p style="text-align: center;"><b>Community Day</b></p>	<p style="text-align: center;">October 19</p>	<p style="text-align: center;">11 – 2 pm.</p>	<p>Learn about community resources, businesses and celebrate community. Enjoy games and food.</p>
<p style="text-align: center;"><b>Haunted House</b></p>	<p style="text-align: center;">October 25-26</p>	<p style="text-align: center;">5-9:30 p.m.</p>	<p>Shuttle will be provided to Cathy Hudgins for our annual haunted house.</p>

## TRIPS AND EVENTS

Title	When	Time	Description
<b>Trip Sign Ups</b>	2 weeks ahead	9 a.m.	Signups for trips are available two weeks in advance. Trips of necessity are \$1.00 if driven by Fastran.
<b>Stronger Memory Registration</b>	September 3 & 4	10am – 2pm	Join George Mason Students and register for a new program: Stronger Memory!
<b>Mi Tierra Deli</b>	September 10	10:15 a.m.	<p>Trip of necessity: Grab a bite to eat at Mi Tierra Deli in conjunction with Hispanic Heritage Month.</p> <p><b>**If ADA accommodations are required, please indicate during sign up</b></p>
<b>Fire Department Presentation</b>	September 11 October 16 November 13	12:45 – 1:30pm	Join us for a presentation by the Fairfax County Fire Department.
<b>HAPPY BIRTHDAY</b>	September 6, October 4, & November 6	12:30 p.m.	Join us in singing Happy Birthday to all those with Birthdays in September, October and November
<b>Library Presentation</b>	September 12	10:15am – 11:15am	Join us for a presentation from a representative of Fairfax County Public Library.
<b>Texas De Brazil</b>	September 13	11:15 a.m.	<p>Trip of necessity: Grab a bite to eat at Texas De Brazil in conjunction with Hispanic Heritage Month.</p> <p><b>**If ADA accommodations are required, please indicate during sign up</b></p>
<b>Granja De Oro (Peruvian)</b>	September 17	11:15 a.m.	<p>Trip of necessity: Grab a bite to eat at Granja De Oro as we in conjunction with Hispanic Heritage Month.</p> <p><b>**If ADA accommodations are required, please indicate during sign up</b></p>

<b>Harvest Moon</b>	September 18	10:30 a.m.	Join us as we celebrate the Harvest Moon. Senior Program Members will be singing.  *The meaning behind the Harvest Moon is connect to themes of abundance, appreciation, and a completion of a cycle.
<b>Walmart</b>	September 19	10am	Trip of necessity: Purchase your groceries and household needs. \$1.00 Transportation.
<b>Molino Family Latino Family</b>	September 20	10:15 a.m. Arrive at 9:30 to check in.	Join us as we visit the Molina Family Latino Gallery at the National Museum of American History. The 4,500-sq. ft. gallery is the Smithsonian's first gallery dedicated to the Latino experience and Latino contributions to the United States. \$1.00 transportation
<b>El Paso</b>	September 24	11:15am	Trip of necessity: Grab a bite to eat at El Paso as we in conjunction with Hispanic Heritage Month.  **If ADA accommodations are required, please indicate during sign up
<b>Latin Music Guest</b>	September 25	11:15-2 p.m.	Join us as we celebrate Hispanic Heritage Month and have special guests with musical performance and dancing. <i>If sensitive to noise, please bring ear protection.</i>
<b>Emergency Health Preparedness</b>	October 2	12:45pm	A representative from the Fairfax County Health Department will be presenting on emergency and health preparedness.
<b>Mama Tigre</b>	October 8	11:15am	Trip of necessity: Grab a bite to eat at Mama Tigre  **If ADA accommodations are required, please indicate during sign up

<b>Capital Art &amp; Craft Festival</b>	October 11	10am – 1:30pm	Join the 250+ artists / vendors, and thousands of attendees at the Fall Capital Art and Craft Festival. Enjoy shopping for beautiful one-of-a-kind art, jewelry, clothing, furnishings, pottery, décor, and more.
<b>Life Safety Presentation</b>	October 12	12:45 p.m.	Presentation by Fairfax County Fire Department on Life Safety.
<b>Halloween Party</b>	October 15	10-1pm	Join us for a Jim Scott Halloween Party. Costumes are encouraged.
<b>Aldi</b>	October 17	10:15 a.m.	Trip of necessity: Purchase your groceries and household needs. \$1.00 Transportation.
<b>Pumpkin Carving/Decorating</b>	October 18	9am -2pm	Join us in decorating pumpkins!
<b>Fogo de Chao</b>	October 22	11am	Trip of necessity: Grab a bite to eat at Fogo de Chao. (All you can eat)  **If ADA accommodations are required, please indicate during sign up
<b>Medicare Changes</b>	October 23 and November 6	12:45 a.m.	Join us to learn the significant changes to Medicare for 2025.
<b>Texas Jack BBQ</b>	October 29	11:15am	Trip of necessity: Grab a bite to eat at Texas Jack BBQ  **If ADA accommodations are required, please indicate during sign up
<b>Diwali Celebration</b>	October 30	11 a.m. – 1 p.m.	Festival of lights celebration. Enjoy food, music and learn
<b>Tysons Mall</b>	November 8	10am – 1:30pm	Shop until you drop or maybe get ahead on some Christmas gifts! When you finish, have lunch at the food court.

<b>Cracker Barrel</b>	November 12	10:45am	Trip of necessity: Grab a bite to eat at Cracker Barrel  **If ADA accommodations are required, please indicate during sign up
<b>Amish Market</b>	November 15	10:15 a.m.	Trip of necessity: Join as we take a trip to the Amish Market!
<b>Dominion Energy</b>	November 19	12:45 p.m.	Dominion Energy presentation on saving program for seniors.
<b>Song Bird</b>	November 19	11:15 a.m.	Trip of necessity: Grab a bite to eat at Song Bird  **If ADA accommodations are required, please indicate during sign up
<b>Giant</b>	November 21	10 a.m.	Trip of necessity: Purchase your groceries and household needs. \$1.00 Transportation.
<b>Thanksgiving Luncheon</b>	November 22	11 a.m. – 1 p.m.	Join us for our annual Thanksgiving Luncheon. Please sign up at the front desk.
<b>Cheesecake Factory</b>	November 26	11:15am	Trip of necessity: Grab a bite to eat at Cheesecake Factory  **If ADA accommodations are required, please indicate during sign up

### ACTIVITIES

Title	When	Time	Description
Lunch	M-F	12 p.m. – 12:30 p.m.	Please see staff for requirements to join program. Must order lunch by 1 p.m., day before. Lunch must be received by 12:15 p.m., or it is sold to someone else.
Rummikub	M-F	9 a.m. – 4 p.m.	Play rummikub with your fellow peers. Cognitive stimulation while having fun!

Mah Jongg	M-F	9 a.m. – 4 p.m.	Mah Jongg drop in.
Table Tennis	M-F	9 a.m. – 11 p.m.	Open play table tennis in multipurpose room 2. <i>Please see voting schedule for room closure dates.</i>
Billiards	M-F	9 a.m. – 4 p.m.	Open billiards play with community members.
BINGO	Monday November 4	1 p.m.	Join us for a fun game of Bingo!
Knit/Crochet	Monday	10:30 a.m.	Join us for socialization and knit/crochet. Don't know how, come learn amongst your peers. Supplies available upon request  Let's get ready for the annual NCS warming project!
Tech Help with Jose	1 <sup>st</sup> and 3 <sup>rd</sup> Tuesday of every Month	11 a.m.	Need help navigating your new device? Not sure how to use social media or download pictures? Get all your technology questions answered by Jose. Meet him in the senior room at 11 a.m.
Stronger Memory	Tuesday Thursday	10:15 a.m.	Join us in a special program with the focus of building a stronger memory. Think of it as Fitness for the Brain!
DIY Self Care Activities	Tuesdays	1 p.m. – 2 p.m.	Join us as we do a self-care activity each week. We will be building our own face scrubs, bath bombs, candles, and more!
Garden Club	Wednesday	Wednesday 9:45 a.m.	Join the Garden club. Don't have a green thumb, that's o.k.! Learn and get your hands dirty.
BINGO	Wednesday October 30	1 p.m.	Join us for a fun game of Bingo!

Music w/ Sihn and Friends	Wednesdays	11-12/1-2pm	Senior Program members will sing and play instruments. Please be advised that there will be loud music.
Sip and Paint w/Taylan	Wednesday October 9 & November 20	12:45pm	Join us for some light snacks and fun painting projects.
Sensory Exploration	Thursday	12:45 p.m.	Come reduce your stress by enjoying music in a vibroacoustic chair, massage pad, or sound shell chair. Attendance is based on first come first served. No more than five people at a time.
Trivia: Hispanic Heritage Month	Friday, September 13	1 p.m. – 2 p.m.	Learn about Hispanic Heritage Month through Trivia!
Diamond Art	Fridays	1 p.m. – 2 p.m.	Never heard of Diamond Art? Come and explore this art that is taking over social media.

### FITNESS CLASSES

Title	When	Time	Description
S.A.I.L. Program	Monday's & Wednesday's	10:30 a.m. - 11:30 a.m.	<b>Stay Active for Independent Living (SAIL)</b> is a strength, balance and fitness program for adults 55 and older. Performing exercises that improve strength, balance and fitness are the single most important activity that adults can do to stay active and reduce their chance of falling. The entire curriculum of activities in the SAIL program can help improve strength and balance, if done regularly. This meets for 12 weeks. This program is free.



Ballroom Dancing	Tuesday	1-2:15 p.m.	Learn Basic Ballroom dancing techniques. Bring a partner or find a partner in class.  <i>Must be registered. For Senior Program members only</i>
Line Dancing 1	Wednesday Gymnasium Starts Septemberr 11	12-1 p.m.	This class is intended for people with some prior line dancing experience, including familiarity with basic steps or step combinations and comfort making turns. Students will enhance their dance skills and continue developing footwork and posture. Dances include cha-cha, tango, waltz, rumba, mambo, etc., using internationally famous music/songs. Choreography in this level is designed for beginners or high beginners.
Line Dancing 2	Wednesday Gymnasium Starts September 11	1:15-2:15 p.m.	This class is for people who wish to further advance their line dance skills with more variety or more complicated movements and step combinations. Choreography in this class is designed for high beginner to intermediate level.
Chair Yoga w/Ania-	Thursday Classroom 1/2	10:15 a.m.	Want to try yoga but find getting to the floor a challenge? Come explore your mind-body connection with the support of a chair. No experience, flexibility, or fitness level required. This is a gentle approach to stretching, building strength, maintaining alertness, and improving balance. Please wear clothing that is comfortable and does not restrict your movement.

Tai Chi	Thursday	12:15-1:10 p.m.	Guided health Qigong and Tai Chi practice. All levels welcome. Free to members 18+
Zumba	Thursday	1:30-2:30 p.m.	Zumba involves dance and aerobic elements. The choreograph incorporates hip-hop, soca, samba, salsa, merengue and other Latin dances. Adult 18+ Free to members 18+
ZUMBA w/Anita	September 27 October 11, 25 November 8, 22	10:30 a.m.	Join Anita for an action-packed Zumba class.

### COMPUTER LAB

Title	When	Time	Description
Adult Open Lab	Monday – Friday	9:00 am – 3 p.m.	Computer lab open for adults and seniors. Printing limited to 5 pages per day.

### RECREATION

Title	When	Time	Description
Table Tennis	M-F	See Description	Multipurpose room 2: Monday-Friday 9 – 4 p.m. Gymnasium: Friday 9:15-11:15 a.m.
Billiards	M-F	9 – 4 p.m.	Open billiards play.

Sr. Basketball 50+	Monday Thursday	M: 12-2 p.m. Th: 10-12 p.m.	Basketball open play for ages 50+ (full court).
Senior Pickleball	Monday Friday	Monday 12-2:30 p.m. Friday 1 – 3 p.m.	Open play pickleball for senior program members. (full Court) Monday: Half Court Friday: Full Court.
Senior Badminton	Tuesday	9:30 – 11:30 a.m.	Open play for senior program members only. (full Court)