



Fairfax County

Neighborhood & Community Services

www.fairfaxcounty.gov/neighborhood-community-services

Kingstowne Center for Active Adults

Address: 6488 Landsdowne Center
Alexandria, VA 22315

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

Phone: 703-339-7676, TTY 711

September, October, November 2024

CLASSES

Title	When	Time	Description
S.A.I.L Class	Monday	1 p.m.	Staying Active & Independent for Life exercise class (RR)
Beginner Spanish	Monday	1 p.m.	Spanish for beginners (RR)
Intermediate Yoga	Monday	2:15 p.m.	Intermediate Yoga (\$)
Tai Chi	Tuesday	9:30 a.m.	Gentle movements, postures, meditative state of mind and controlled breathing
Staying Active class	Tuesday	9:45 a.m.	Staying Active exercise class (RR)
Tai Chi	Tuesday	10:45 a.m.	Gentle movements, postures, meditative state of mind and controlled breathing
Technology 101	Tuesday	10:30 a.m.	Find out how to use your iPhone, iPad, or laptop.
Zumba Gold	Tuesday	1:15 p.m.	High energy, Latin inspired, low impact fitness class (\$)
Belly Dancing	Tuesday	2:15 p.m.	Learn Belly Dancing (\$)
Chair Jazzercise	Wednesday	10:30 a.m.	Jazzercise in a chair
Staying Active class	Thursday	11:45 a.m.	Staying Active exercise class
Yoga Flow	Thursday	9:15 a.m.	Yoga Flow class (\$)
Knitting With Saadia	Thursday	1 p.m.	Learn Basic Knitting Skills
Fit-4-Life	Thursday	10:30 a.m.	Exercises for the whole body (\$)
Ballroom Dancing Basic Steps	Thursday	1 p.m.	Learn basic ballroom dancing steps (\$)
Intermediate Spanish	Thursday	10:30 a.m.	Advanced Spanish
Basic Pilates	Friday	9:15 a.m.	Pilates class (\$)
Sunshine Store	Friday	10 -11 a.m.	Come and purchase used, or new items donated by members and staff.

<u>ACTIVITIES</u>			
Title	When	Time	Description
Open Gym	Monday – Friday	9 a.m. – 4 p.m.	Treadmill, Recumbent bike, Elliptical machine, SCIFIT2 total Body work out machine, & hand weights
Open Computer Lab	Monday-Friday	9 a.m. – 4 p.m.	Check your emails, look for work or volunteer opportunities
Mahjong	Tuesday	9 a.m. – 2 p.m.	A tile-based game of skill, strategy, and luck
Artist helping Artists	Tuesday	9:30 a.m. – 12 Noon	Artists doing art together
Page Turners Book Club	4 th Tuesday	12 Noon – 2 p.m.	Take a journey with us through the wonderful world of book reading. Come turn some pages with us!
Bridge	Friday	1 – 3:45 p.m.	A 52-card deck game played with 4 players
Creative Thinking	Monday	10:30 - 11:30 a.m.	Release your creativity by discussing your thoughts on different subjects each week
Dance Around the World	Monday	12 Noon -12:45 p.m.	Come and share your different culture dances with other members
Mindfulness Meditation	Friday	11 – 11:30 a.m.	Relax your mind body and soul.
History Club	Friday (2 nd & 4 th)	12:30 – 2:30 p.m.	History video & discussion group
Bingo	Friday	12:30 - 1:30p.m.	Join us for fun with Bingo!
<u>Special Events / Trips</u>			
Title	When	Time	Description
Trip of Necessity	Wednesdays	10:30 a.m.	Shopping/Lunch
Charter Trips	TBD	TBD	Charter Trip to various locations around the DMV.
<u>Community Events</u>			
Title	When	Time	Description
R.O.M.E.O group	2nd Thursday, Sept 12 th , Oct 10 th , and Nov 14 th	9 a.m.	Join the “Retired Ole Men Eating Out” at a local restaurant for great conversation on the second Thursday of the month. Call the center for the name and location of the chosen restaurant.
Game Night	3 rd Friday, Sept 20 th , Oct 18 th , and Nov 15 th	3 – 8 p.m.	Join community members and challenge them to a game of Rummikub, Mahjong or Kings in the Corner.
Advisory Council Meeting	3 rd Tuesday Sept 17 th , 22 nd , and Nov 19 th	12:30 p.m.	Advisory Council Mtg meets to discuss programs and ideas for fundraising. Open to the public.

HOLIDAY / CENTER CLOSURES

Title	When	Time	Description
Labor Day	Monday, September 2 nd	All Day	Center Closed
Election Day	Tuesday, Nov 5 th	All Day	Center Closed
Veteran's Day	Monday, Nov 11	All Day	Center Closed
Thanksgiving Day	Thursday, Nov 28th	All Day	Center Closed
Day after Thanksgiving	Friday, Nov 29 th	All Day	Center Closed