



Fairfax County

Neighborhood & Community Services

www.fairfaxcounty.gov/neighborhood-community-services

Lewinsville Senior Center

Address: 1613 Great Falls Street
Enter Door B3 or B4
 McLean, VA 22101

Hours: Monday – Friday, 9 a.m. to 4 p.m.
 Closed Saturday and Sunday

Phone: 703-442-9075, TTY 711

September - November 2024

***Schedule Subject to Change (Please contact center)**

ACTIVITIES

Title	When	Time	Description
Open Computer Lab	Monday – Friday	9 a.m. – 2:30 p.m.	(Age 50+) Do your internet surfing, email, use the Microsoft Office Suite, paint & more. Three desktop workstations are available for member use. Self-guided activity.
Billiards	Monday – Friday	9 a.m. – 2:30 p.m.	Play pool on our full-sized table. All equipment provided. Self-guided activity.
Open Table Games	Monday - Friday	9 a.m. – 2:30 p.m.	(Age 50+) Open games that everyone can play! Self-guided activity.
Ping Pong	Mondays/Tuesdays	1-3:30 p.m. 9 a.m.-3 p.m.	Play ping pong using our full-sized ping pong tables. All equipment provided. Self-guided activity.
Young at Heart Low Impact Aerobics	Mondays/Fridays	8:55 a.m. – 9:55 a.m.	Low impact cardio increasing heart rate while putting very little pressure on the joints. Class is currently full. Please contact the center to be added to the waiting list.
18 Forms of Tai Chi with Jennifer	Monday	11 a.m.-Noon	Martial Arts & Exercise combine to strengthen muscles, improve balance, stability & mobility. Class is currently full. Please contact the center to be added to the waiting list.

S.A.I.L. Exercise Program	Mondays/Wednesdays Tuesdays/Thursdays	1 p.m.—2 p.m. 9 a.m.—10 a.m.	Stay Active and Independent for Life -balance exercise program. Monday and Wednesdays classes are currently full. Please contact the center to be added to the waiting list.
Gentle Chair Yoga with Gity	Tuesdays/Thursdays	10:15 a.m.-11:15 a.m.	Continuous health and wellness program Class is currently full. Please contact the center to be added to the waiting list.
Bio Energy Chi Gong with Jennifer	Wednesdays	11 a.m.-Noon	Martial Arts & Exercise combine to strengthen muscles, improve balance, stability & mobility. Class is currently full. Please contact the center to be added to the waiting list.
Diamond Art	Wednesdays/Thursdays	11 a.m.-Noon	Relaxing arts and craft activity.
Knitting Club	Fridays	1:30 p.m.-3 p.m.	Knit and crochet with friends.
<u>FEE-BASED CLASSES. Additional registration</u>			
Title	When	Time	Description
Intermediate Line Dance	Mondays	10 a.m. – 11 a.m.	Cost \$10/Session. Separate registration.
Advanced Line Dance	Mondays	11 a.m. – Noon	Cost \$10/Session. Separate registration.
Zumba Gold	Tuesdays	1:30 p.m. – 3 p.m.	Cost \$10/Session. Separate registration. Class is currently full. Please contact the center to be added to the waiting list.
Intermediate Line Dance	Wednesdays	10 a.m. – 11 a.m..	Cost \$10/Session. Separate registration.
Advanced Line Dance	Wednesdays	11 a.m. – Noon	Cost \$10/Session. Separate registration.
Beginner’s Line Dancing – Level 1	Fridays	10 a.m. – 11 a.m.	Cost \$10/Session. Separate registration.
Beginner’s Line Dancing – Level 2	Fridays	11 a.m. – Noon	Cost \$10/Session. Separate registration.
<u>Special Events/Trips</u>			
Title	When	Time	Description
Weekly Field Trips	Tuesdays	10:15 a.m. – 1:30 p.m.	Trips are weekly and sign-up deadlines are on Tuesdays prior to trip. For additional information and trip details, please contact the center at 703-442-9075.
Monthly Social Celebration	September 19 (October & November dates TBA)	10 a.m. – 11:30 a.m.	Monthly holiday celebration with themed activities.
Monthly Birthday Celebration	September 19 (October & November dates TBA)	Noon – 12:30 p.m.	Celebrating monthly birthdaysPlease contact center for additional information and RSVP.

<u>Center Closures</u>			
Title	When	Time	Description
Labor Day	Monday, September 2	All Day	Lewinsville Senior Center is closed for the holiday.
Election Day	Tuesday, November 5	All Day	Lewinsville Senior Center is closed for the holiday.
Veteran's Day	Monday, November 11	All Day	Lewinsville Senior Center is closed for the holiday.
Thanksgiving Day	Thursday, November 28	All Day	Lewinsville Senior Center is closed for the holiday.
Day After Thanksgiving	Friday, November 29	All Day	Lewinsville Senior Center is closed for the holiday.