



Fairfax County

# Neighborhood & Community Services

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

## Lincolnia Senior Center

**Address:** 4710 North Chambliss Street, Alexandria, Virginia 22312

**Hours:** Monday – Friday, 8 a.m. to 4 p.m.

**Phone:** 703-914-1365, TTY 711

### September - November 2024

#### PROGRAMS / ACTIVITIES

Title	When	Time	Description
Current Events	Second Wednesday of the month  September 11 October 9 November 13	10 a.m.	Sessions are led by a professional facilitator and built upon the personal experience and knowledge of the participants. This course is a discussion of the current issues of the day including politics, economy, health care, technology, local, state, and national electors/candidates, scientific breakthroughs, foreign affairs, and general cultural issues.
Reeve-Rx Relax Adaptive Yoga	Mondays & Fridays	10:30 a.m.	Reeve-RxRelax Yoga is a tested method of teaching yoga and facilitating healthier lifestyles. The practice is gentle, subtle, powerful, and fun. Yoga and mindfulness can be helpful for over 100 physical and mental health conditions, and this program creates a strong foundation for the body, a more robust brain, and a resilient outlook on life. This seated yoga class is brought to Fairfax County by a special partnership with The Christopher & Dana Reeve Foundation and RxRelax. No prior experience, special clothing or equipment is required. <u>Please bring socks to participate. No mat is required.</u> Please join us!

Music Lovers Unite	Second and Fourth Wednesdays (Please call the center as dates may change).	1 p.m.	Twice a month there will be a theme to prompt music selections. Experience music across the decades and enjoy new selections in the company of other music lovers.
Karaoke	Mondays and Thursdays	1 p.m.	Select a song you love and an artist you enjoy. Everyone will get a chance to sing. Come and enjoy a beautiful noise and a good time as we cheer for one another!
Brush Painting	Mondays	1 p.m.	Explore the art of brush painting! We practice with bamboo brushes on plain paper then when skills are established, we explore traditional rice paper. Students are encouraged to bring their own supplies.
Donuts with Dana	Thursdays	11 a.m.	Our Recreation Therapist, Dana Bradford, is a wonderful facilitator that brings topics in for discussion of all types. Enjoy a donut or a healthy snack that is offered and partake in the conversation and connecting with others in meaningful discussion.
Sewing Group	Tuesdays	10 a.m. – Noon	Receive assistance from experienced sewers. Bring projects you may need guidance with or pattern suggestions. Learn to alter garments and improve your skills.
Quilting Group	Thursdays	10 a.m. – Noon	Experienced sewers and quilters will provide assistance with quilting and various sewing projects. Some supplies are available to begin quilting.
Flower Arranging	Fridays (Sign up in advance and based on supply availability)	10:30 a.m.	Learn how to create a beautiful floral presentation and bring it home. Bring your own vase and enjoy the creative experience. (RR)
Trip: 99 Ranch Market, Fairfax	Friday, September 6	10 a.m. – 2 p.m.	Enjoy the restaurants and shops. The cost is \$1 for the bus. A bag lunch will be offered and enrollment in the Congregate Meal Program is needed. Meal donations will be accepted at the time of checking in for the trip. (RR)
Trip: Green Spring Park	Wednesday, September 11	10 a.m. – 2 p.m.	Spend the day with us and let's venture together! The cost is \$1 for the bus. A bag lunch will be offered and enrollment in the Congregate Meal Program is needed. Meal donations will be accepted at the time of checking in for the trip. (RR)

Trip: Aldi, Columbia Pike	Friday, September 13	10 a.m. – 2 p.m.	Spend the day with us and let's venture together! The cost is \$1 for the bus. A bag lunch will be offered and enrollment in the Congregate Meal Program is needed. Meal donations will be accepted at the time of checking in for the trip. (RR)
Trip: Wal-Mart, Kingstown	Friday, September 20	10 a.m. – 2 p.m.	Do your everyday shopping at Wal-Mart. The cost is \$1 for the bus. A bag lunch will be offered and enrollment in the Congregate Meal Program is needed. Meal donations will be accepted at the time of checking in for the trip. (RR)
Trip: Unique Secondhand Store, Falls Church	Friday, September 24	10 a.m. – 2 p.m.	Spend the day with us and let's venture together! The cost is \$1 for the bus. A bag lunch will be offered and enrollment in the Congregate Meal Program is needed. Meal donations will be accepted at the time of checking in for the trip. (RR)
Trip: Fair City Mall, Fairfax	Friday, October 4	10 a.m. – 2 p.m.	There are so many shops and restaurants to explore. Spend the day with us and let's venture together! The cost is \$1 for the bus. A bag lunch will be offered and enrollment in the Congregate Meal Program is needed. Meal donations will be accepted at the time of checking in for the trip. (RR)
Trip: Giant, Braddock	Friday, October 11	10 a.m. – 2 p.m.	There are so many shops and restaurants to explore. Spend the day with us and let's venture together! The cost is \$1 for the bus. A bag lunch will be offered and enrollment in the Congregate Meal Program is needed. Meal donations will be accepted at the time of checking in for the trip. (RR)
Trip: Seven Corners Shopping Center	Friday, October 18	10 a.m. – 2 p.m.	There are so many shops and restaurants to explore. Spend the day with us and let's venture together! The cost is \$1 for the bus. A bag lunch will be offered and enrollment in the Congregate Meal Program is needed. Meal donations will be accepted at the time of checking in for the trip. (RR)
Trip: Wal-Mart, Kingstown	Friday, October 25	10 a.m. – 2 p.m.	Do your everyday shopping at Wal-Mart. The cost is \$1 for the bus. A bag lunch will be offered and enrollment in the Congregate Meal Program is needed. Meal donations will be accepted at the time of checking in for the trip. (RR)

Trip: Target, Mosaic	Friday, November 1	10 a.m. – 2 p.m.	There are so many shops and restaurants to explore. Spend the day with us and let's venture together! The cost is \$1 for the bus. A bag lunch will be offered and enrollment in the Congregate Meal Program is needed. Meal donations will be accepted at the time of checking in for the trip. (RR)
Trip: 99 Ranch Market, Fairfax	Friday, November 8	10 a.m. – 2 p.m.	Spend the day with us and let's venture together! The cost is \$1 for the bus. A bag lunch will be offered and enrollment in the Congregate Meal Program is needed. Meal donations will be accepted at the time of checking in for the trip. (RR)
Trip: Fresh World, Springfield	Friday, November 15	10 a.m. – 2 p.m.	So many shops, so little time. We will provide a directory so you can plan your shopping accordingly. The cost is \$1 for the bus. A bag lunch will be offered and enrollment in the Congregate Meal Program is needed. Meal donations will be accepted at the time of checking in for the trip. (RR)
Trip: Wal-Mart, Kingstown	Friday, November 22	10 a.m. – 2 p.m.	Do your everyday shopping at Wal-Mart. The cost is \$1 for the bus. A bag lunch will be offered and enrollment in the Congregate Meal Program is needed. Meal donations will be accepted at the time of checking in for the trip. (RR)

### CLASSES

Title	When	Time	Description
Fall Session	September-November		Try a new pass time during the cooler months! Thanks to rolling enrollment there is no wrong time to register! Try a new class or program today.
Ballroom	Wednesdays	11 a.m. – 12:30 p.m.	Ballroom - a variety of exercises relevant to maintaining your dance skills. Ballroom, Argentine Tango, Latin, etc.
Line Dance with Maria	Wednesdays & Fridays	1:15 – 2:15 p.m.	Maria plays music nonstop for the hour! This class is free and led by our wonderful volunteer.
Line Dance with Susie	Saturdays	10 a.m. - Noon	Susie leads a powerful line dance class with both old and new steps. This class is geared towards intermediate/advanced line dancers. You certainly will be sweating! The cost is \$10 per session.

<p>SAIL (Stay Active and Independent for Life)</p>	<p>Thursdays</p>	<p>10:15 a.m.</p>	<p>There are up to 20 participants in each class and exercises can be done standing or sitting. The class includes aerobics, balance exercises, strength training with wrist and ankle weights, and stretching exercises. Classes are led by certified leaders who have attended training specific to leading SAIL classes for older adults. SAIL has been approved by the Administration for Community Living (ACL) (previously known as the Administration on Aging) as an evidence-based program.</p> <p>The SAIL exercise class is a strength, balance and fitness program for adults 65 and older that meets three times per work for one hour. There are up to 20 participants in each class and exercises can be done standing or sitting. The class includes aerobics, balance exercises, strength training with wrist and ankle weights, and stretching exercises. Classes are led by certified leaders who have attended training specific to leading SAIL classes for older adults. SAIL has been approved by the Administration for Community Living (ACL) (previously known as the Administration on Aging) as an evidence-based program.</p>
<p>Integral Tai Chi</p>	<p>Wednesdays</p>	<p>9:45 a.m.</p>	<p>Integral Tai Chi combines Yoga, Tai Chi, and Chi Gung. The class promotes physical wellness, sharpen mental focus - the result is improved total wellbeing. Volunteer Instructor, Jack (Viet-Dung) Hoang, is a long-time instructor at two other centers and will add Lincolnia to his class locations. This class is free.</p>
<p>Tai Chi</p>	<p>Mondays, Tuesdays, Fridays</p>	<p>9 a.m.</p>	<p>This class has returned to Lincolnia Senior Center. This is an excellent class for stress relief. Tai Chi is a healthy, non-impact exercise and effective martial art. It features slow and graceful movements suitable for producing and maintaining general physical fitness and overall health. You must register for this class at Lincolnia Senior Center. This class is led by our volunteer, Walt White.</p>
<p>Tap Class</p>	<p>Mondays Classes resume on Monday, September 16</p>	<p>Noon – 1 p.m.</p>	<p>Join our volunteer, Sue Skaddan, in learning a new dance every two months. Please call the center to enroll in the next class as it might be different than the regular session for the quarter.</p>

Computer and Technology Assistance	Mondays	1 – 3 p.m.	Our volunteer Steven will be available on Mondays to assist with technology questions, both computer and cell phone challenges. Tuesdays and Thursdays at 10:15 a.m. by appointment only and provide your technology question for the volunteer to prepare to support you. Our very own Walt volunteers to support Chromebook, Android devices, and computer questions.
Billiards	Monday – Friday	9 a.m. – 3:30 p.m.	Lincolnia has 4 regulation sized tables, cues to share, and usually someone to play a game with. Try out our tournaments on Tuesdays 8 Ball is 1 <sup>st</sup> , 3 <sup>rd</sup> , and 5 <sup>th</sup> Tuesdays, and 9 Ball is 2 <sup>nd</sup> , and 4 <sup>th</sup> .
Table Tennis	Mondays 11:45 a.m. – 3:45 p.m. Tuesdays 11:30 a.m. – 3:45 p.m. Wednesdays 8:15 a.m. – 9:15 a.m. (non-competitive play), 2:30 p.m. – 3:45 p.m. Thursdays 12:30 p.m. – 3:45 p.m. Fridays 10:30 a.m. – 12:30 p.m., 2:30 p.m. – 3:45 p.m.	Play times may change.	Lincolnia has multiple tables and usually space for a game if not the whole hall. Call for play times to ensure the tables are available.
Saturday Tea Dance	1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> , and 4 <sup>th</sup> Saturdays	2 – 4 p.m.	Enjoy a variety of ballroom dances. The cost is \$5 for the session for members or \$2 at the door for non-members. Everyone is required to have a membership form completed.