



Fairfax County

Neighborhood & Community Services

www.fairfaxcounty.gov/neighborhood-community-services

Little River Glen Senior Center

Address: 4001 Barker Court
Fairfax, VA 22032

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

Phone: 703-503-8703, TTY 711

September 2024 - November 2024

*Closed 9/2, 11/5, & 11/11

PROGRAMS / ACTIVITIES

Title	When	Time	Description
Open Computer Lab	Daily	9-4 p.m.	Open computer lab
Exercise Equipment	Daily	8-4 p.m.	Open use for a variety of exercise equipment.
Lunch	Daily	Noon	Meals are served daily. Must preorder by noon of the previous day in advance to be eligible.
Ping Pong	Daily	2 p.m.	Bring a partner and play Ping Pong, basic equipment provided.
Computer Help	Daily	Varies (10 a.m.-Noon)	Computer assistance provided
Table Games	Daily	8 – 4 p.m.	Learn and participate in new board games.
This Week In History	Mondays	10 a.m.	Learn and enjoy conversation about different historical events throughout history for the week.
Chair Exercise	Mon-Fri	11 a.m.	Exercises focused on strengthening and stretching and of course fun!
Mind & Body	Mondays	2 p.m.	Tai chi for beginners
Wii Bowling	Tuesdays	9:30 a.m.	Group game of Wii Bowling.
LRG Tap	Tuesdays	10 a.m. - Noon	Self-run center TAP Club
Brain Games w/ Stacey	Tuesdays	10:15 a.m.	Interact socially in a memory-based activity.
LRG Chorus	Tuesdays	1 p.m.	Self-run center Chorus group.

Art w/ Celia	September 10 & 24	1 p.m.	An art class led by our volunteer Celia. Many different mediums are used. Get creative and enjoy an hour of painting and other fun projects!
Art w/ Celia	October 8 & 22	1 p.m.	An art class led by our volunteer Celia. Many different mediums are used. Get creative and enjoy an hour of painting and other fun projects!
Art w/ Celia	November 12 & 26	1 p.m.	An art class led by our volunteer Celia. Many different mediums are used. Get creative and enjoy an hour of painting and other fun projects!
Art Workshop with George	Sept 11 & 25	9:45 a.m./11 a.m.	A volunteer led art workshop
Art Workshop with George	Oct 9 & 23	9:45 a.m./11 a.m.	A volunteer led art workshop
Art Workshop with George	Nov 13 & 27	9:45 a.m./11 a.m.	A volunteer led art workshop
Art Workshop with Yolanda	Sept 4	9:45 a.m./11 a.m.	A volunteer led art workshop
Art Workshop with Yolanda	Oct 2 & 17	9:45 a.m./11 a.m.	A volunteer led art workshop
Art Workshop with Yolanda	Nov 6 & 20	9:45 a.m./11 a.m.	A volunteer led art workshop
Music & Karaoke w/ Gladys	Wednesday	11 a.m.	Listen to music to reflect and enjoy
Creative Writing w/ Theresa	Wednesdays	1:30 p.m.	Group creative writing with various prompts lead by Rec Therapist Theresa
Mind & Body	Thursday	9:15 a.m. – 10 a.m.	Tai chi for beginners.
Brain Games	Thursday	9:30 a.m.	Interact socially in a memory-based activity.
Great Courses w/ Ronja	Thursday	10 a.m.	Group Discussion about various historical events.
Guided Meditation w/ Theresa	Fridays	9:30 a.m.	Join our Rec Therapist Theresa for a guided meditation to start your day off right!
Diamond Dot Art w/ Deb	Fridays	10 a.m.	Diamond Dot Art Projects that you work on each week.
Word Games w/ Deb	Friday	11:15 a.m.	Brain Game activities for participants to enjoy.
Tai Chi Club	Fridays	1 p.m.-3 p.m.	A volunteer led Group Tai Chi.
Bingo	Fridays	1 p.m.	Interact socially in a mildly competitive environment.
Jewelry Making	Sept 23	11 a.m.	Interacting socially through the art of crafting jewelry
Jewelry Making	Oct 21	11 a.m.	Interacting socially through the art of crafting jewelry
Jewelry Making	Nov 18	11 a.m.	Interacting socially through the art of crafting jewelry
Penny Drop Game	September 5	1 p.m.	Fun group game led by one of our participants, come learn a new game and make some friends!
Penny Drop Game	October 3	1 p.m.	Fun group game led by one of our participants, come learn a new game and make some friends!
Penny Drop Game	November 7	1 p.m.	Fun group game led by one of our participants, come learn a new game and make some friends!

CLASSES			
Title	When	Time	Description
Mat Yoga	Monday	9 a.m.	Floor Yoga.
Chair Yoga	Monday	10 a.m.	Chair based/Gentle Yoga exercises.
Zumba Gold w/ Millette	Monday	10 a.m.	Zumba (Combination of Fast/gentle pace) focused on building Coordination and Strength
SAIL (Level 3)	Monday	11:15 a.m.	60 minutes of standing and or/sitting exercises designed to help maintain and increase your balance.
SAIL (Level 1 & 2)	Tuesday	10 a.m.	60 minutes of standing and/or sitting exercises designed to help maintain and increase your balance.
Advanced Spanish w/ Gladys (Resuming Oct 15)	Tuesday	11 a.m.	Advanced Spanish class to learning Spanish with our Assistant Director, Gladys Melgar. Practice and learn without stress!
Zumba Gold w/Millette	Wednesday	9 a.m.	Zumba (Fast pace) focused on building Coordination and Strength.
Standing Tai Chi Gung w/ Victoria	Wednesday	9 a.m.	Centering self-balance activities, to connect with your body, mind, and spirit.
SAIL (Level 1 & 2)	Wednesday	10 a.m.	60 minutes of standing and or/sitting exercises designed to help maintain and increase your balance.
Seated Tai Chi Gung w/ Victoria	Wednesday	10:30 a.m.	Centering self-balance activities, to connect with your body, mind, and spirit. This class is offered taught
Tai Chi w/ Victoria	Wednesday	11:30 a.m.	Centering self-balance activities, to connect with your body, mind, and spirit.
Intermediate Guitar Class	Wednesday	1:30 p.m.	A one-hour class each week to help you learn guitar basics and how to play different songs. Practice is a must for this class!
Piano	Thursday	9a.m. – 1 p.m.	15 min increments of Piano lessons
SAIL (Level 1 & 2)	Thursday	10 a.m.	60 minutes of standing and or/sitting exercises designed to help maintain and increase your balance.
Stretch Chair Yoga w/ Heike	Thursday	10:10 a.m.	Chair Yoga focused on stretching all parts of the body.
Beginner ESL	Thursday	11 a.m.	Entry level beginner's English language course.
Intermediate Spanish w/ Gladys (Resuming Oct 18)	Thursday	1 p.m.	Intermediate class to learning Spanish with our Assistant Director, Gladys Melgar. Each week has different topics to reinforce vocabulary and fun activities to learn the Spanish language!

Voice Class	Thursday	1:30 p.m.-2:30 p.m.	Instructor Led Class that does a group voice class singing a variety of songs.
Chair Yoga	Friday	10 a.m.	Chair based/seated yoga.
Zumba Gold Toning w/Millette	Friday	10 a.m.	Zumba (Bring your 1 Lb. or less weights) focused on building Coordination and Strength.
Beginner Spanish w/ Claudia	Friday	1 p.m.	Class starts Sept. 6 th . Registration is required for the class. Beginner class to learning Spanish with our Volunteer Claudia. Each week has a different topic and fun activities to learn the Spanish language!
Beginner ESL	Friday	1:15 p.m.	Entry level beginner's English language courses.
Special Events / Trips			
Title	When	Time	Description
Walmart/Target Fair Lakes	September 5	10:30 a.m.	Shopping trip (return pick up at 1 p.m.)
Wegmans Fairfax	September 12	10:30 a.m.	Shopping trip (return pick up at 1 p.m.)
Stribling Orchard & Lunch	September 13	10:00 a.m.	A special trip to Stribling Orchard to pick apples followed by lunch at Chick-Fil-A. Registration for trip starts Sept 3.
Safeway & Michaels at Panam Shopping Center	September 19	10:30 a.m.	Shopping trip (return pick up at 1 p.m.)
Bible Museum	September 27	10 a.m.	A special trip to the Bible Museum in D.C. Registration for trip starts Sept 3.
Giant & Ross Seven Corners	September 28	10:30 a.m.	Shopping trip (return pick up at 1 p.m.)
Walmart/Target Fair Lakes	October 3	10:30 a.m.	Shopping trip (return pick up at 1 p.m.)
Lidl & Dollar Tree Rolling Valley Shopping Center	October 10	10:30 a.m.	Shopping trip (return pick up at 1 p.m.)
Frying Pan Park Trip	October 11	10 a.m.	A special trip to Frying Pan Park to check out their animals and grounds. Registration for trip begins on October 1.
Hmart Fairfax	October 17	10:30 a.m.	Shopping trip (return pick up at 1 p.m.)
Occoquan Trip	October 24	10:00 a.m.	A special trip to downtown Occoquan for shopping and lunch. Registration for trip begins on October 1.
Giant at Kings Park Shopping Center	October 31	10:30 a.m.	Shopping trip (return pick up at 12:15 p.m.)
Walmart/Target Fair Lakes	November 7	10:30 a.m.	Shopping trip (return pick up at 1 p.m.)
Wegmans	November 14	10:30 a.m.	Shopping trip (return pick up at 1 p.m.)
Postal Museum Trip	November 19	10 a.m.	A special trip to the postal museum in D.C. Registration for this trip begins on November 1.
Springfield Town Center	November 21	10:30 a.m.	Shopping trip (return pick up at 1 p.m.)
Walmart/Target Fair Lakes	November 25	10:30 a.m.	Shopping trip (return pick up at 1 p.m.)

September Birthday Celebration	September 10	12:30p.m.	Celebration for all the month's birthdays
October Birthday Celebration	October 8	12:30p.m.	Celebration for all the month's birthdays
November Birthday Celebration	November 12	12:30p.m.	Celebration for all the month's birthdays
Show and Tell w/ Lougenia Carnell	September 23	1 p.m.	Volunteer led Show & Tell, with Lougenia Carnell, usually on the 3 Monday of each month
Show and Tell w/ Lougenia Carnell	October 21	1 p.m.	Volunteer led Show & Tell, with Lougenia Carnell, usually on the 3 Monday of each month
Show and Tell w/ Lougenia Carnell	November 18	1 p.m.	Volunteer led Show & Tell, with Lougenia Carnell, usually on the 3 Monday of each month
<u>Community Meetings</u>			
Title	When	Time	Description
Advisory Council Meeting	September 11	11 a.m.	Advisory Council Monthly meeting/Second Wednesday of each month
Advisory Council Meeting	October 9	11 a.m.	Advisory Council Monthly meeting/Second Wednesday of each month
Advisory Council Meeting	November 13	11 a.m.	Advisory Council Monthly meeting/Second Wednesday of each month