

# Little River Glen Senior Center WILL BE CLOSED MARCH 2, 2026 – JULY 2026

Due to renovations at the center, the following programs will move locations during the closure period. Use the chart below to see where your class will take place.

For Questions: [NCSRCCRegion4@fairfaxcounty.gov](mailto:NCSRCCRegion4@fairfaxcounty.gov) or 703-324-4600

## FITNESS CLASSES

Classes are drop-in unless marked. If registration is required please see a staff member to sign up.

| Classes   | Time       | Day                  | Location                         |
|---|------------|----------------------|----------------------------------|
| Chair Exercise (Live)                           | 11 a.m.    | Mondays – Thursdays  | Expectations Church <sup>+</sup> |
| Chair Exercise (Live)                           | 11 a.m.    | Fridays              | Jim Scott Community Center       |
| Chair Exercise (Video)*                         | 11:15 a.m. | Mondays              | Jim Scott Community Center       |
| Chair Exercise (Video)*                         | 1:15 p.m.  | Tuesdays & Thursdays | Jim Scott Community Center       |
| Chair Yoga                                      | Noon       | Mondays & Fridays    | University Mall                  |
| Chair Yoga (Registration Required)              | 10 a.m.    | Mondays & Fridays    | Wellness Center                  |
| Mat Yoga (Registration Required)                | 9 a.m.     | Mondays              | Wellness Center                  |
| Mind & Body                                     | 9:15 a.m.  | Thursdays            | Wellness Center                  |
| S.A.I.L. Level 1/2                              | 10 a.m.    | Tuesdays-Thursdays   | Expectations Church <sup>+</sup> |
| S.A.I.L. Level 2/3                              | 2:15 p.m.  | Tuesdays             | University Mall                  |
| S.A.I.L. Level 3 (Registration Required)        | 11:15 a.m. | Mondays              | Wellness Center                  |
| Tai Chi Gung (Seated) (Registration Required)   | 10:15 a.m. | Wednesdays           | Wellness Center                  |
| Tai Chi Gung (Standing) (Registration Required) | 9 a.m.     | Wednesdays           | Wellness Center                  |
| Tap   | 10 a.m.    | Tuesdays             | Wellness Center                  |
| Zumba Gold                                      | 10 a.m.    | Mondays              | Mott Community Center            |
| Zumba Gold w/ Some Toning                       | 10 a.m.    | Fridays              | Jim Scott Community Center       |

<sup>+</sup> Expectations Church – classes will move to University Mall on Tuesday, June 2, 2026

\* Subject to change based on space availability; check Jim Scott Community Center's calendar for more information.

### LOCATION ADDRESS:

**Expectations Church – 11924 Braddock Rd., Fairfax, VA 22030**

**Jim Scott Community Center – 3001 Vaden Dr., Fairfax, VA 22031**

Fastran, Trips of Necessity and additional programs will be offered by Jim Scott Community Center. Please check their calendar.

**University Mall – 10685 Braddock Rd., Fairfax, VA 22032** (Back of Shopping Center)

**Wellness Center** (Operated by Service Source) – **4027-B Olley Ln., Fairfax, VA 22032**

**Mott Community Center – 12111 Braddock Rd., Fairfax, VA 22030**



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## ENRICHMENT CLASSES

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| Classes  | Time                | Day  | Location                   |
|--|---------------------|--|----------------------------|
| Art w/ George or Yolanda (Registration Required)*      | 9:45 a.m. & 11 a.m. | Wednesdays<br>(Every Other Week)               | Jim Scott Community Center |
| Bingo*   | 1 p.m.              | Every Other Friday                             | Jim Scott Community Center |
| Book Club (Call for book Information)*                 | 11:45 a.m.          | 2nd Wednesday of<br>the Month                  | Jim Scott Community Center |
| Brain Games*   | 10:15 a.m.          | Thursdays                                      | Jim Scott Community Center |
| Chorus   | 1 p.m.              | Tuesdays                                       | Wellness Center            |
| Craft or Jewelry Marking (Registration Required) *     | 1 p.m.              | Wednesdays                                     | Jim Scott Community Center |
| Explore the World (Different Countries each<br>Month)* | 10 a.m.             | Fridays  | Jim Scott Community Center |
| Sewing *   | 1 p.m.              | Mondays  | Jim Scott Community Center |
| Show and Tell w/ Lougenia Carnell                      | 1 p.m.              | Monday, March 16,<br>April 20, May 18, June 15 | Jim Scott Community Center |
| Stronger Memory (Registration Required)*               | 11 a.m.             | Tuesdays                                       | Jim Scott Community Center |
| Tech Help w/ Steve*                                    | 10 a.m.             | Wednesdays                                     | Jim Scott Community Center |
| This Week in History*                                  | 10:15 a.m.          | Mondays  | Jim Scott Community Center |
| Trivia*  | 10 a.m.             | Tuesdays                                       | Jim Scott Community Center |

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