



Fairfax County

Neighborhood & Community Services

www.fairfaxcounty.gov/neighborhood-community-services

PIMMIT HILLS SENIOR CENTER

Address: 7510 Lisle Avenue
Falls Church, VA 22043

Hours: Monday – Friday, 8 a.m. to 4 p.m.
Programming from 9 a.m. to 2:30 p.m.
CLOSED Saturday and Sunday

Phone: 703-734-3338, TTY 711

September 2024

SPECIAL DATES AND CLOSURES

Title	When	Time	Description
Labor Day	Monday, September 2	Closed	We will be closed for the Federal Holiday, Labor Day.

PROGRAMS/ACTIVITIES

Title	When	Time	Description
Open Computer Lab	Monday-Friday	9:00am - 2:30pm	Do your internet surfing, email, use the Microsoft office suite, paint & more. Two desktop workstations are available for member use.
Backgammon	Monday-Friday	10:00am - 2:30pm	Classic game of skill, strategy & luck! One of oldest games for two players!
Rummikub	Monday-Friday	9:00am - 2:30pm	The popular tile game is open for play all day! Play with your friends & make new ones!
Billiards	Monday-Friday	9:00am - 2:30pm	Play pool on one of our full-sized tables. All equipment provided.
Playing Cards	Monday-Friday	9:00am - 2:30pm	Open games that include single & double deck play! Self-guided activity.
Mahjongg	Monday & Friday	9:00am - 2:30pm	Popular Chinese tile game akin to the Western card game of "Rummy". A game of skill, strategy, calculation & chance

Social Hour: Iranian Music & Dancing	Tuesday & Thursday	1:00pm - 2:30pm	An exciting way to burn calories after lunch! Join us in traditional Persian folk dances to a variety of Persian music genres.
Bingo	Wednesday	1:00pm - 2:00pm	A competitive, social and interactive game of bingo.
<u>CLASSES</u>			
Title	When	Time	Description
Arthritis Exercise (In Person) (FREE)	Monday	10 am – 11 am	Join us for a seated and standing class working on full range of motion strength and balance and cardiovascular exercises.
Arthritis Exercise (In Person) (FREE)	Tuesday & Thursday	10:30 am-11:30 am	Join us for a seated and standing class working on full range of motion strength and balance and cardiovascular exercises.
S.A.I.L. Exercise Program (VIRTUAL – Livestream) (FREE)	Wednesday	10:30am - 11:30am	Stay Active and Independent for Life - VIRTUAL balance exercise program.
Bio-Energy Chi Gong/ 18 Forms Tai Chi (FREE)	Fridays	10:30am - 11:30am	(Age 50+) Both Classes seek to balance one’s internal “chi” in order to increase “life-energy” through mediation and movement. Among physical benefits are improved posture, balance, strength and coordination as well as reduced aches and pains.
ESOL – Iranian/English	Wednesday	10:30am – 11:30am	(Age 50+) FREE class
Chinese Line Dancing	Fridays	9:30am – 10:30 am	Come over, and learn some traditional Chinese Dances
Chinese Folk Songs	Fridays	11:30am – 12pm	Come and sing with us!
<u>SPECIAL EVENTS/TRIPS</u>			
Title	When	Time	Description
Great Wall	Monday, September 9	10:00am – 1:30pm	Fastran trip \$1/registration required. Approximate return time based on traffic. Please remember to bring money for lunch purchased on the trip.
Alborz	Wednesday, September 11	11 am – 1:30 pm	Fastran trip \$1/registration required. Approximate return time based on traffic. Please remember to bring money for lunch purchased on the trip.
Apple Picking Homestead Farm	Saturday , September 21	9:30 am – 2:30 pm	Fastran trip \$1/registration required. Approximate return time based on traffic. Please remember to bring money for lunch purchased on the trip.
Tyson’s Corner	Wednesday, September 25	11:00am – 1:30pm	Fastran trip \$1/registration required. Approximate return time based on traffic. Please remember to bring money for lunch purchased on the trip.

September Birthday Party	Thursday, September 26 Friday, September 27		Birthday Party for participants at the center!
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October 2024

SPECIAL DATES AND CLOSURES

Title	When	Time	Description
Relocate to Lewinsville	Thursday, October 3	Closed, Relocate to Lewinsville	We will be relocating to Lewinsville Senior Center for the day (1613 Great Falls St., McLean)

PROGRAMS/ACTIVITIES

Title	When	Time	Description
Open Computer Lab	Monday-Friday	9:00am - 3:30pm	Do your internet surfing, email, use the Microsoft office suite, paint & more. Two desktop workstations are available for member use.
Backgammon	Monday-Friday	10:00am - 3:30pm	Classic game of skill, strategy & luck! One of oldest games for two players!
Rummikub	Monday-Friday	9:00am - 3:30pm	The popular tile game is open for play all day! Play with your friends & make new ones!
Billiards	Monday-Friday	9:00am - 3:30pm	Play pool on one of our full-sized tables. All equipment provided.
Playing Cards	Monday-Friday	9:00am - 3:30pm	Open games that include single & double deck play! Self-guided activity.
Wii Fun	Monday-Friday	Upon Request	A virtual way to enjoy things like bowling, golf, tennis and other fun activities on a Wii game system

Mahjongg	Monday & Friday	9:00am - 3:30pm	Popular Chinese tile game akin to the Western card game of "Rummy". A game of skill, strategy, calculation & chance
Social Hour: Iranian Music & Dancing	Tuesday & Thursday	1:00pm - 3:30pm	An exciting way to burn calories after lunch! Join us in traditional Persian folk dances to a variety of Persian music genres.
Bingo	Wednesday	1:00pm - 2:00pm	A competitive, social and interactive game of bingo.
<u>CLASSES</u>			
Title	When	Time	Description
Arthritis Exercise (In Person) (FREE)	Monday	10 am – 11 am	Join us for a seated and standing class working on full range of motion strength and balance and cardiovascular exercises.
Arthritis Exercise (In Person) (FREE)	Tuesday & Thursday	10:30 am-11:30 am	Join us for a seated and standing class working on full range of motion strength and balance and cardiovascular exercises.
S.A.I.L. Exercise Program (VIRTUAL – Livestream) (FREE)	Wednesday	10:30am - 11:30am	Stay Active and Independent for Life - VIRTUAL balance exercise program.
Bio-Energy Chi Gong/ 18 Forms Tai Chi (FREE)	Fridays	10:30am - 11:30am	(Age 50+) Both Classes seek to balance one's internal "chi" in order to increase "life-energy" through mediation and movement. Among physical benefits are improved posture, balance, strength and coordination as well as reduced aches and pains.
Chinese Line Dancing	Fridays	9:30am – 10:30 am	Come over, and learn some traditional Chinese Dances
Chinese Folk Songs	Fridays	11:30am – 12pm	Come and sing with us!
ESOL – Iranian/English	Wednesday	10:30am – 11:30am	(Age 50+) FREE class
<u>SPECIAL EVENTS/TRIPS</u>			
Title	When	Time	Description
<p>All October Trips are TBD Will be updated midway through September If you need more information, please call the center at 703-734-3338</p>			



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November 2024

Special Dates and Closures

Title	When	Time	Description
Relocate to Lewinsville Senior Center	Friday, November 1	Closed, Relocate to Lewinsville Senior Center	We will be relocating to Lewinsville Senior Center for the day (1613 Great Falls St., McLean)
Election Day	Tuesday, November 5	Closed	All Senior Centers will be closed for Election Day.
Veterans Day	Monday, November 11	Closed	We will be closed for the Federal Holiday, Veterans Day.
Relocate to Lewinsville Senior Center	Wednesday, November 27	Closed, Relocate to Lewinsville Senior Center	We will be relocating to Lewinsville Senior Center for the day (1613 Great Falls St., McLean)
Thanksgiving	Thursday, November 28 Friday, November 29	Closed	We will be closed for the Federal Holiday, Thanksgiving.

Programs/Activities

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Open Computer Lab	Monday-Friday	9:00am - 2:30pm	Do your internet surfing, email, use the Microsoft office suite, paint & more. Two desktop workstations are available for member use.
Backgammon	Monday-Friday	10:00am - 2:30pm	Classic game of skill, strategy & luck! One of oldest games for two players!

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Social Hour: Iranian Music & Dancing	Tuesday & Thursday	1:00pm - 2:30pm	An exciting way to burn calories after lunch! Join us in traditional Persian folk dances to a variety of Persian music genres.
Bingo	Wednesday	1:00pm - 2:00pm	A competitive, social and interactive game of bingo.
<u>Classes</u>			
Title	When	Time	Description
Arthritis Exercise (In Person) (FREE)	Tuesday & Thursday	10:30am - 11:30am	Join us for a seated and standing class working on full range of motion strength and balance and cardiovascular exercises.
Arthritis Exercise (In Person) (FREE)	Monday	10:00 am -11 am	Join us for a seated and standing class working on full range of motion strength and balance and cardiovascular exercises.
S.A.I.L. Exercise Program (VIRTUAL – Livestream) (FREE)	Wednesday	10:30am - 11:30am	Stay Active and Independent for Life - VIRTUAL balance exercise program.
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ESOL – Iranian/English	Wednesday	10:30am – 11:30am	(Age 50+) FREE class
<u>SPECIAL EVENTS/TRIPS</u>			
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