



Fairfax County

Neighborhood & Community Services

Sully Community Center

Address:

13800 Wall Road,
Herndon, VA 2017

Hours: Monday - Saturday

9 a.m. – 9 p.m.

Phone: 703-322-4475, TTY 711

SEPTEMBER, OCTOBER, NOVEMBER 2024

PROGRAMS / ACTIVITIES

Title	When	Time	Description
School Aged Childcare (SACC)	Monday - Friday	7 - 9:30 a.m. and 3:00 - 6:15 p.m.	Children and Youth Program. Before and after school care for K-6 th grade. SACC promotes the well-being of individuals, families, and communities by providing affordable, safe, and educational care for children before and after school and full day care during FCPS breaks. Please call 703-449-8989 to register.
Teen Afterschool Program	Monday - Friday	2:30 – 6 p.m.	Out-of-school programming provides a structured and engaging environment for teens grades 7th - 12th. Teens will participate in recreational games and activities, STEAM, homework help, cultural, arts, mentoring, fitness, nutrition, and leadership opportunities. Activities are facilitated by staff.
Sully Senior Program	Monday - Friday	8 a.m. – 4 p.m.	This program is to engage with older adults in our community and provide a supportive environment that encourages them to be active physically and mentally. The center provides physical, educational, and social activities for active adults aged 50+. Lunch and transportation may be available upon request and may require a fee. Please see senior staff for more information. <i>Please see the senior calendar for a detailed schedule.</i>

Therapeutic Recreation Services	Monday - Friday	11 a.m.-7 p.m.	Therapeutic Recreation Services provides opportunities for children and adults with disabilities to develop the skills that enable them to participate in the recreation and leisure programs of their choice. The inclusion specialist provides services and programs for individuals of all abilities, allowing and promoting access to the <i>sensory space for all participants</i> . Please call the front desk for more information.
HealthWorks for Northern Virginia	Monday, Wednesday - Friday Tuesdays	8 a.m. - 5 p.m. 8 a.m. – 8 p.m.	HealthWorks provides comprehensive primary health care services. Services include are: Comprehensive primary medical care for ages newborn and up, including laboratory, pediatric dentist, and behavioral health. Please call 703-443-2000 for more information.
Women, Infants, and Children (WIC) Program	Monday - Friday	8 a.m.- 4:30 p.m.	Breastfeeding promotion and support are provided by the WIC Program through assistance and education, peer counselors, classes, supplies, and equipment.
Shepherd’s Center of Western Fairfax Count	Monday – Friday (One visit per week)	3-4 hours (variable) daily.	SCWFC offers free transportation for necessary appointments for those unable to drive themselves. Please call 703-246-5920 for more information.
Western Fairfax Christian Ministry Food Pantry	Monday - Friday	9:30 am - 2:30 pm	Western Fairfax Christian Ministry Food Pantry offers a “choice model” in two Free Food Market locations (Chantilly and Centreville) as well as online for home delivery which ensures clients can choose the groceries their families need/want. Please call to 703-988-9656 to schedule an appointment (in English or Spanish).
<u>FAMILY PROGRAM</u>			
Title	When	Time	Description
Teen Friday Night	October 4- <i>“Bullying Prevention Teen Night”</i> November 15- <i>“Party Game Teen Night”</i>	6 – 8 p.m.	Come to Sully where you can play basketball, chess, board games, VR, drones and more! Ice Cream Social Teen Night, Teens must be registered members with Sully Teen Afterschool Program to participate.

Family Nights	<p>September 20 – “Suicide Prevention Community Night”</p> <p>September 27 “Back to School Ice Cream Social”</p> <p>October 25 “SPOOKY Family Night”</p> <p>November 22 “Thanksgiving Dinner”</p>	6 – 8 p.m.	<p>Families are welcome to join us for a night of cultural exchange and family engagement. Fun games, art & crafts, and snacks. This program is for the whole family. (All ages)</p> <p>A center membership is required for all participants.</p>
Family Games Night	<p>Mondays</p> <p>September 09, October 14, and November 18</p>	5 – 7 p.m.	<p>Test your skills with fun, fast paced games that challenge your brain! Practice and increase your STEM skills. For populations ranging from seniors to youth, families will be provided with access to boards, cards, games to play together as a family. Ages (8+)</p> <p>Parents and children must have a center membership.</p>
Creative minds	<p>(3rd Thursday of the month)</p> <p>Thursdays 09/19; 10/17; 11/21.</p>	5 – 6:30 p.m.	<p>This program is for teenagers (13+ years old). Hair, make-up, nails and your love for crafting! Beautify yourself, celebrate your love for crafting or just hang out!</p> <p>Teens must be register in the Afterschool program or TIA summer camp.</p>
Family and Me Open Gym	<p>Tuesday – Friday</p> <p>Saturdays</p>	<p>6 – 7 p.m.</p> <p>11 am – Noon.</p>	<p>Bring your family and shoot some basketball or kick around a soccer ball. Parents/Guardians must always stay with their children. Family gym time is for families with children under 13 years old. Parents and children must have a center membership.</p> <p>**Open gym cancelled on 08/31; 11/09 and 11/30</p>
Family Sensory STEAM	<p>September 27, October 25, And November 22.</p>	5 - 7 p.m.	<p>Come and join an inclusive fun night for the whole family! Families will be exposed to various sensory and STEAM activities ranging from yoga, meditation, art, science and more! Enjoy this family time as we learn, explore, and grow together!</p> <p>Parents and children must have a center membership.</p>

Inclusive Open Gym	2 nd Friday of the month (September 13, October 11, November 08)	7 – 8:30 p.m.	Teens and young adults with disabilities still enrolled in high school, with a parent/caregiver are invited to drop in for basketball, pickleball, soccer and badminton. This is a drop-in event. Parents and children must have a center membership.
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FITNESS CLASSES

Title	When	Time	Description
Supervised Exercise Room (Senior/Adults)	Second Saturday of the month (September 14, October 12, November 16)	10 a.m. – Noon.	One-on-one session with an instructor for scheduling time for a training/orientation on how to use the exercise equipment and machines. Supervise time in exercise room. Please call to schedule a 30 min. session. A center general membership is required.
Fitness Equipment	Monday - Saturday	9 a.m. – 9 p.m.	Use fitness equipment for a fun workout. This room is available for adults and teenagers 14+ years old. A center general membership is required. **Center activities are cancelled: 09/02; 11/05; 11/ 09 to 11/11; and 11/28 to 12/01.
Gentle Mat Yoga with Holly	Mondays <i>Yoga Room</i>	9 – 10:15 a.m.	Gentle Yoga focuses on strengthening, stretching, and balance with poses standing, kneeling, and lying on the mat. Breathing exercises and basic meditation are also practiced. Beginners and advanced beginners are welcome! A center general membership or Senior Center membership is required.
S.A.I.L. with Julian	Tuesdays <i>(Gym)</i>	1 – 2 p.m.	Stay Active for Independent Living (S.A.I.L.) is a strength, balance, and fitness program for adults 50 +. The entire curriculum of activities in the SAIL program can help improve strength and balance, if done regularly. A center general membership is required.
Advanced Line Dancing Social Club	Tuesdays <i>(Yoga Room)</i>	12:30 a.m. – 1 p.m.	Adults who enjoy line dancing meet for free advanced level dancing. Just dancing, not instructions. A rotation class time is included. A center general membership is required. **Center is closed on Tuesday 11/05 and on Thursday 11/28
Beginning Line Dancing Social Club	Tuesdays <i>(Yoga Room)</i>	1 - 1:30 p.m.	Adults who enjoy line dancing meet for fun beginner level dances to learn the basic steps. A rotation class time is included. A center general membership is required. **Center is closed on Tuesday 11/05 and on Thursday 11/28

Intermediate Line Dancing Social Club	Tuesdays <i>(Yoga Room)</i>	1:30 - 2:30 p.m.	Adults who enjoy line dancing meet for free intermediate level dancing. A rotation class time is included. A center general membership is required. **Center is closed on Tuesday 11/05 and on Thursday 11/28.
Gentle Mat Yoga with Karthika	Wednesdays <i>(Yoga Room)</i>	9 – 10 a.m.	A gentle floor yoga, strengthening, balancing and flexibility for advanced beginners. A center general membership or Senior Center membership is required.
Move to Beat Cardio Aerobic	Monday, Wednesdays, Fridays <i>(Yoga Room)</i>	5 – 6 p.m.	Join us for a cardio aerobic workout to blast through calories and get your sweat on. We're really going to sweat and challenge our coordination, while having some fun and moving to the beat! This program is for adults 25+. A center general membership is required. **This class will begin on October 02, please pre-register in the front desk.
Zumba with Celia	Fridays <i>(Gym)</i>	1 – 2 p.m.	This unique training program teaches the basic dance steps needed to participate in your first Zumba class. It incorporates physical exercises using light Zumba weights and dance steps to the rhythms of Cumbia, Merengue, Mambo, Salsa, Samba and much, much, more. This program is for adults 18+. A center general membership or Senior Center membership is required.
Zumba with Celia	Saturdays <i>(Yoga Room)</i>	9:30 – 11:30 a.m.	This unique training program teaches the basic dance steps needed to participate in your first Zumba class. It incorporates physical exercises using light Zumba weights and dance steps to the rhythms of Cumbia, Merengue, Mambo, Salsa, Samba and much, much, more. This program is for adults 18+. A center general membership or Senior Center membership is required. **Center activities are cancelled 08/31; 11/09; 11/30

GYMNASIUM

*For updated information on Gym calendars please visit the website at:
ncs_sully_gym_schedule.pdf (fairfaxcounty.gov)*

NOTE:

ON SEPTEMBER 02 CENTER WILL BE CLOSED IN OBSERVANCE OF LABOR DAY.
ON NOVEMBER 5 CENTER WILL BE CLOSED IN OBSERVANCE OF ELECTION DAY.
ON NOVEMBER 11, CENTER WILL BE CLOSED IN OBSERVANCE OF VETERAN'S DAY.
ON NOVEMBER 28 AND 29, CENTER WILL BE CLOSED IN OBSERVANCE OF THANKSGIVING HOLIDAY.

TECHNOLOGY PROGRAM

Title	When	Time	Description
Teen Tech Time	Monday - Friday	3 – 5 p.m.	Teens registered in the afterschool program will participate in STEAM activities, such as VEX Robotics, 3D printing, Photography, Drone aviation, homework help and much more. A center general membership is required.
SACC Tech Time	Tuesdays	5 – 6 p.m.	Youth registered in Sully SACC program will participate in Science, Technology, Engineering, Arts and Math (STEAM) activities. Kids will participate in STEAM related activities such as First Lego league robotics, 3D printing, Drone aviation and much more. Portable lab utilized for the SACC program.
Techsploration	Thursdays <i>Arts & Crafts Room</i>	1 – 2 p.m.	Computer Basics classes for senior participants (50+ years). Come and join us! Seniors will Learn how to use different technological equipment and technical skills. Such as, Photography, Cricut machine, Canva, and much more. A center general membership is required.
Technology 101	Wednesdays	2 – 3 p.m.	This program is to engage with adults in our community and provide a technological educational program. This program will have a variety of technology programs such as, typing, computer basics, emails, photography, and more. For adults 25+
Professional Development Workshop	Thursdays <i>Arts & Crafts Room</i>	7 – 8 p.m.	This workshop is designed for young adults (21-35 years old) who would like to get a better job opportunity, improve their technology literacy or are planning on using online resources to prepare for the GED test. A center general membership is required. Program will begin on October 3rd. Call the front desk for registration or email to Ron.Moses@fairfaxcounty.gov.

Technology Q&A One-on-One Tech Help	Mondays	10 a.m.– 12 p.m.	This program is designed to answer any technology questions from issues with your cell phone, tablet, laptop and more. <i>This session will be one-on-one.</i> Bring your own device or practice on a public computer. Call the front desk for an appointment or email Ron.Moses@fairfaxcounty.gov . A center general membership is required.
<u>TR -SENSORY ROOM</u>			
Title	When	Time	Description
One-on-One Session	Monday - Friday	By appointment	Therapeutic sessions for individuals with physical, intellectual, and developmental disabilities utilizing different elements of the Sensory Room to achieve specific and desired goals. Please call the center to schedule your appointment. Or email Richard.strube@fairfaxcounty.gov.
Senior Sensory Time	Wednesdays Thursdays & Fridays	11:15 a.m. – 12 noon. 12:30 – 1:30 p.m.	Come and reduce your stress by enjoying music in a vibroacoustic or sound shell chair, the soothing colors of the fiber optics and bubble tubes. Attendance is based on first come first served. No more than three people at a time.
SACC Sensory Exploration	Mondays, Wednesdays, Fridays	5:15 -6 p.m.	SACC participants engage in various sensory activities ranging from education, stimulation, relaxation, creative movement, and music.
Thursday Little Sensations	Thursdays	10:15 -11 a.m.	Come enjoy an inclusive program with your little one! This program is designed for children 12-23 months old. Little sensory seekers will explore various sensory elements to include sounds, sights, and textures all within a social environment. Caregivers and parents could also meet and share resources. Spaces are limited and registration is required. You may use this link:
Thursday Little Sensations	Thursdays	10:15 -11 a.m.	Come enjoy an inclusive program with your little one! This program is designed for children 12-23 months old. Little sensory seekers will explore various sensory elements to include sounds, sights, and textures all within a social environment. Caregivers and parents could also meet and share resources. Spaces are limited and registration is required. You may use this link:

Thursday Sensory Storytime	Thursdays	11 -11:45 a.m.	Join us every third Thursday of each month as the Fairfax Public Library reads us a story and engages us in fun activities! After the story time young readers will explore the Sensory Room! This program is open to children 1-4 years old and their parents or caregivers. Spaces are limited and registration is required. You may use this link:
Friday Little Sensations	Fridays	11:15 a.m. - 12 p.m.	Come enjoy an inclusive program with your little one! This program is designed for children 2 to 4 years old. Little sensory seekers will explore various sensory elements to include sounds, sights, and textures all within a social environment. Spaces are limited and registration is required. You may use this link
Saturday Move to the music 1. Session I	3 rd Saturday of the month (September 21, October 19, November 16)	1:15 - 2 p.m.	This Inclusive program is designed for children in ages 4 to 7 years old . Sensory seekers, explore motion and movement to a wide range of kid-friendly music. Spaces are limited: Registration is required. Registration link:
Saturday Move to the music 2. Session II	3 rd Saturday of the month (September 21, October 19, November 16)	2:15 - 3 p.m.	This Inclusive program is designed for children in ages 8 to 10 years old . Sensory seekers, explore motion and movement to a wide range of kid-friendly music. Spaces are limited: Registration is required. Registration link:
Teen Sensory Time	Mondays, Wednesdays, Fridays	3:45 - 4:15 p.m.	Teenagers in afterschool program participants relax in the sensory room with activities such as journaling, spoken word and trivia. (Teens in the Afterschool program registration)
<u>Special Events / Trips</u>			
Title	When	Time	Description
Hispanic Heritage Month Community Celebration	Saturday, October 5	2 - 4 p.m.	It is a time to appreciate and celebrate the colorful cultures, rich histories, and diversity of the American Latino community with food, music, dance, game and more!
Bullying Prevention Teen Night	Friday, October 04	6 – 8 p.m.	Learn all the ways YOU can stop bullying at school and in your community!

Lights on After School	Friday, October 18	6 – 8 p.m.	Lights On Afterschool is the only nationwide event celebrating afterschool programs and their important role in the lives of children, families and communities. Come and joins us at Sully Community Center; to draw attention to the many ways afterschool programs support students by offering them opportunities to learn new things.
Sully HAUNTED Center	Friday, October 25	6 – 8 p.m.	Join us for this special SPOOKY Family Night. Explore the Center and what it has to offer while enjoying some festive activities such as pumpkin painting and a costume contest!
Family Night Thanksgiving Dinner	Friday, November 22	6 – 8 p.m.	Enjoy a meal with your family and celebrate the holiday!
Labor Day Holiday	August 31 through September 2.	All Day	Center is closed in observance of Labor Day.
Election Day	Tuesday, November 05	All Day	Center is closed in observance of Election Day.
Veteran's Day	Monday, November 11	All Day	Center is closed in observance of County Holiday Veteran's Day
Thanksgiving Holiday	November 28 through December 1	All Day	Center is closed in observance of Thanksgiving holiday.

<u>Community Meetings</u>			
Title	When	Time	Description
Senior Advisory Council	4 th Thursday of the month September 26, October 24, and November 21	11:30 a.m. - 12:30 p.m.	The Sully Senior Center Advisory Council serves as the voice of the senior program participant working in partnership with the center's Director. Their purpose is to provide input and recommendations on the planning, development, implementation, and evaluation of the senior center services, programs, and activities including educational, sports, recreational and cultural to encompass the surrounding community.
Facility Use	Monday- Friday <i>Saturdays</i>	4:30 – 8:30 p.m. <i>9:30 a.m. – 8:30 p.m.</i>	Please call to Sully Community Center for more details or come in person for picking up an application request form. Applications must be submitted 2 weeks prior to the request date.