



Fairfax County

Neighborhood & Community Services

www.fairfaxcounty.gov/neighborhood-community-services

Sully Senior Center

Address: 13800 Wall Rd.
Herndon, VA 20171

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

Phone: 703-322-4475, TTY 711

September 2024

FITNESS CLASSES

Title	When	Time	Description
Chair Exercise Video	Monday to Friday (Senior Room)	10:30 a.m. – 11 a.m.	Chair exercises are a fantastic way to stay active and maintain fitness. It can help you improve flexibility, strength, and overall well-being.
Gentle Mat Yoga	Mondays & Wednesdays (Yoga Room)	9 – 10:15 a.m. 9–10 a.m.	A gentle floor yoga, strengthening, balancing and flexibility for advanced beginners.
Stay Active/Independent for Life (SAIL)	Mondays (Gym)	10:30 a.m. – 11:30 a.m.	Stretching, Strengthening, and moving to the music while seated or standing.
Pickleball Class	Tuesdays (Gym)	10:30 a.m. – 11:30 a.m.	A beginner and intermediate level pickleball class for 50 years old and older.
Zumba Gold	Mondays (Gym)	1:30 p.m. – 2:30 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 more.

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Advanced Line Dancing Club	Tuesdays & Thursdays (Yoga Room)	12:30 p.m.- 1 p.m.	Just dancing – no lesson.
Beginning Line Dancing Class	Tuesdays & Thursdays (Yoga Room)	1 p.m. – 2 p.m.	Fun beginner level dances to learn the basic steps.
Intermediate Line Dancing Class	Tuesdays & Thursdays (Yoga Room)	1:30 p.m. – 2:30 p.m.	Adults who enjoy Line Dancing meet for free intermediate level classes.
Tai Chi Class	Tuesdays (Yoga Room)	10 a.m. – 11 a.m. Beginner 11 a.m. - Noon Intermediate	A gentle movements class to develop strength and balance.
Jazzercise LO	Wednesdays & Thursdays (Gym)	10:30 a.m. – 11:30 a.m.	Fun, choreographed exercise class with trendy music.
Cardio Drumming	Wednesdays (Yoga Room)	1 p.m. – 1:45 p.m.	Fun seated or standing class where we learn choreographed drumming routines to upbeat music.
Stay Active/Independent for Life (SAIL)	Fridays (Gym)	10:30 a.m. – 11:30 a.m.	Stretching, Strengthening, and moving to the music while seated or standing.
Zumba Gold with Chairs	Fridays (Yoga Room)	12:30 p.m. – 1 p.m.	This unique training program teaches the basic dance steps needed to participate ages 70 and up. It incorporates physical exercises using chairs, gentle Zumba weights and dance steps to the rhythms of Cumbia, Merengue, Mambo, Salsa, Samba and much more.
Zumba	Fridays (Gym)	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.

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<u>TRIPS</u>			
Title	When	Time	Description
Charter Trip: National Zoo, DC	Thursday, September 5	10 a.m. – 1:45 p.m.	Come and join us on this trip.
Necessity Trip: Walmart, Fair Lakes	Friday, September 6	10 a.m. – 1:45 p.m.	Necessity Trip for food and shopping
Necessity Trip: Greenbriar, Chantilly	Friday, September 13	10 a.m. – 1:45 p.m.	Necessity Trip for food and shopping
Trip: Public Transportation – Bus & Metro to the Wharf, DC	Thursday, September 19	10 a.m. – 1:45 p.m.	Seniors will learn how to take public transportation to different places.
Necessity Trip: Wegmans of Chantilly	Friday, September 20	10 a.m. – 1:45 p.m.	Necessity Trip for food and shopping
Center Bus Trip: Picnic at Burke Lake Park	Tuesday, September 24	10 a.m. – 1:45 p.m.	Come and join us on this trip.
Necessity Trip: Safeway at Fairfax Towne Center	Friday, September 27	10 a.m. – 1:45 p.m.	Necessity Trip for food and shopping

<u>CONTINUED LEARNING CLASSES</u>			
Title	When	Time	Description
Painting Class	Wednesdays, & Thursdays	10 a.m. – Noon	Learning how to draw and paint with our instructor. Beginners welcome!
Diamond Painting Club	Mondays	1 p.m. – 2 p.m.	Diamond Painting is a fun and creative activity that can provide enjoyment for crafters both young and old. Based on a similar concept to paint-by-numbers and cross-stitch, diamond painting involves the placement of small resin 'drills' that resemble diamonds onto a printed canvas, to create a shiny mosaic work of art.
Reiki Healing Session	Tuesdays	11:15 a.m. – 11:45 a.m.	Reiki is a technique that uses energy force to reduce stress and anxiety and encourage relaxation.
Computer Classes & Techsploration	Tuesdays & Thursdays	1 p.m. – 2 p.m.	Beginning computer lessons. Learning how to use different technological equipment and technical skills.
Knitting & Crochet Class	Tuesdays & Wednesdays	1 p.m. – 2 p.m.	New and experienced Knitters and Crocheters welcome!

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English as a Second Language Class (ESL)	Mondays & Wednesdays	11 a.m. - Noon 1 p.m. – 2 p.m.	Teaching non-native English speakers' English language skills, including vocabulary, speaking, reading, and writing, and conversational skills.
Sewing Club	Thursdays	1 p.m. – 2 p.m.	Meeting people who love sewing and it's a great way to improve your skills, discover new patterns and fabrics, and have some fun.
Jewelry Making Club & DIY Crafts Club	Fridays	1 p.m. – 2 p.m.	Learning how to Do-It-Yourself crafts and making jewelry using beads and other materials.

**COMMUNITY MEETINGS, ENTERTAINMENT
AND PARTNERSHIPS**

Title	When	Time	Description
Sahaja Yoga Meditation	1 st Wednesday	11 a.m. – 11:55 a.m.	Meditation for Inner Peace and Balance
County Public Library	2 nd Thursday	10:30 a.m. – 11:30 a.m.	Book Club, Pop-up library of books, craft activities and showcase of library resources "Library of Things"
Rising Phoenix	3 rd Wednesday	12:15 p.m. – 1 p.m.	Fun music to sing and dance to
Fairfax County Fire & Rescue	3 rd Thursday	12:45 p.m.	Give-a-ways and public info
Advisory Council Meeting	4 th Thursday	11:30 a.m.	The Center Leadership team meets once a month.

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October 2024

FITNESS CLASSES

Title	When	Time	Description
Chair Exercise Video	Monday to Friday (Senior Room)	10:30 a.m. – 11 a.m.	Chair exercises are a fantastic way to stay active and maintain fitness. It can help you improve flexibility, strength, and overall well-being.
Gentle Mat Yoga	Mondays & Wednesdays (Yoga Room)	9 – 10:15 a.m. 9—10 a.m.	A gentle floor yoga, strengthening, balancing and flexibility for advanced beginners.
Stay Active/Independent for Life (SAIL)	Mondays (Gym)	10:30 a.m. – 11:30 a.m.	Stretching, Strengthening, and moving to the music while seated or standing.
Pickleball Class	Tuesdays (Gym)	10:30 a.m. – 11:30 a.m.	A beginner and intermediate level pickleball class for 50 years old and older.
Zumba Gold	Mondays (Gym)	1:30 p.m. – 2:30 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 more.
Advanced Line Dancing Club	Tuesdays & Thursdays (Yoga Room)	12:30 p.m.- 1 p.m.	Just dancing – no lesson.
Beginning Line Dancing Class	Tuesdays & Thursdays (Yoga Room)	1 p.m. – 2 p.m.	Fun beginner level dances to learn the basic steps.
Intermediate Line Dancing Class	Tuesdays & Thursdays (Yoga Room)	1:30 p.m. – 2:30 p.m.	Adults who enjoy Line Dancing meet for free intermediate level classes.

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Tai Chi Class	Tuesdays (Yoga Room)	10 a.m. – 11 a.m. Beginner 11 a.m. - Noon Intermediate	A gentle movements class to develop strength and balance.
Jazzercise LO	Wednesdays & Thursdays (Gym)	10:30 a.m. – 11:30 a.m.	Fun, choreographed exercise class with trendy music.
Cardio Drumming	Wednesdays (Yoga Room)	1 p.m. – 1:45 p.m.	Fun seated or standing class where we learn choreographed drumming routines to upbeat music.
Stay Active/Independent for Life (SAIL)	Fridays (Gym)	10:30 a.m. – 11:30 a.m.	Stretching, Strengthening, and moving to the music while seated or standing.
Zumba Gold with Chairs	Fridays (Yoga Room)	12:30 p.m. – 1 p.m.	This unique training program teaches the basic dance steps needed to participate ages 70 and up. It incorporates physical exercises using chairs, gentle Zumba weights and dance steps to the rhythms of Cumbia, Merengue, Mambo, Salsa, Samba and much more.
Zumba	Fridays (Gym)	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.

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TRIPS			
Title	When	Time	Description
Charter Trip: Pumpkin Patch at Cox Farms	Tuesday, October 1	10 a.m. – 1:45 p.m.	Come and join us on this trip.
Necessity Trip: Walmart, Fair Lakes	Friday, October 4	10 a.m. – 1:45 p.m.	Necessity Trip for food and shopping
Necessity Trip: Dulles Landing Shopping Center	Friday, October 11	10 a.m. – 1:45 p.m.	Necessity Trip for food and shopping
Trip: Public Transportation – Bus & Metro	Thursday, October 17	10 a.m. – 1:45 p.m.	Seniors will learn how to take public transportation to different places.
Necessity Trip: Lotte of Chantilly	Friday, October 18	10 a.m. – 1:45 p.m.	Necessity Trip for food and shopping
Center Bus Trip: Pumpkin Patch Farm	Tuesday, October 22	10 a.m. – 1:45 p.m.	Come and join us on this trip.
Necessity Trip: Lidl of Chantilly	Friday, October 25	10 a.m. – 1:45 p.m.	Necessity Trip for food and shopping
CONTINUED LEARNING CLASSES			
Title	When	Time	Description
Painting Class	Wednesdays, & Thursdays	10 a.m. – Noon	Learning how to draw and paint with our instructor. Beginners welcome!
Diamond Painting Club	Mondays	1 p.m. – 2 p.m.	Diamond Painting is a fun and creative activity that can provide enjoyment for crafters both young and old. Based on a similar concept to paint-by-numbers and cross-stitch, diamond painting involves the placement of small resin 'drills' that resemble diamonds onto a printed canvas, to create a shiny mosaic work of art.
Reiki Healing Session	Tuesdays	11:15 a.m. – 11:45 a.m.	Reiki is a technique that uses energy force to reduce stress and anxiety and encourage relaxation.
Computer Classes & Techsploration	Tuesdays & Thursdays	1 p.m. – 2 p.m.	Beginning computer lessons. Learning how to use different technological equipment and technical skills.
Knitting & Crochet Class	Tuesdays & Wednesdays	1 p.m. – 2 p.m.	New and experienced Knitters and Crocheters welcome!

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English as a Second Language Class (ESL)	Mondays & Wednesdays	11 a.m. - Noon 1 p.m. – 2 p.m.	Teaching non-native English speakers' English language skills, including vocabulary, speaking, reading, and writing, and conversational skills.
Sewing Club	Thursdays	1 p.m. – 2 p.m.	Meeting people who love sewing and it's a great way to improve your skills, discover new patterns and fabrics, and have some fun.
Jewelry Making Club & DIY Crafts Club	Fridays	1 p.m. – 2 p.m.	Learning how to Do-It-Yourself crafts and making jewelry using beads and other materials.

COMMUNITY MEETINGS, ENTERTAINMENT AND PARTNERSHIPS

Title	When	Time	Description
Sahaja Yoga Meditation	1 st Wednesday	11 a.m. – 11:55 a.m.	Meditation for Inner Peace and Balance
County Public Library	2 nd Thursday	10:30 a.m. –11:30 a.m.	Book Club, Pop-up library of books, craft activities and showcase of library resources “Library of Things”
Rising Phoenix	3 rd Wednesday	12:15 p.m. – 1 p.m.	Fun music to sing and dance to
Fairfax County Fire & Rescue	3 rd Thursday	12:45 p.m.	Give-a-ways and public info
Advisory Council Meeting	4 th Thursday	11:30 a.m.	The Center Leadership team meets once a month

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November 2024

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Stay Active/Independent for Life (SAIL)	Mondays (Gym)	10:30 a.m. – 11:30 a.m.	Stretching, Strengthening, and moving to the music while seated or standing.
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Advanced Line Dancing Club	Tuesdays & Thursdays (Yoga Room)	12:30 p.m.- 1 p.m.	Just dancing – no lesson.
Beginning Line Dancing Class	Tuesdays & Thursdays (Yoga Room)	1 p.m. – 2 p.m.	Fun beginner level dances to learn the basic steps.
Intermediate Line Dancing Class	Tuesdays & Thursdays	1:30 p.m. – 2:30 p.m.	Adults who enjoy Line Dancing meet for free

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	(Yoga Room)		intermediate level classes.
Tai Chi Class	Tuesdays (Yoga Room)	10 a.m. – 11 a.m. Beginner 11 a.m. - Noon Intermediate	A gentle movements class to develop strength and balance.
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Title	<u>TRIPS</u> When	Time	Description
Necessity Trip: Walmart, Fair Lakes	Friday, November 1	10 a.m. – 1:45 p.m.	Necessity Trip for food and shopping
Charter Trip: National Museum of the American Indian in DC	Thursday, November 7	10 a.m. – 1:45 p.m.	Come and join us on this trip.
Necessity Trip: Greenbriar of Chantilly	Friday, November 8	10 a.m. – 1:45 p.m.	Necessity Trip for food and shopping
Trip: Public Transportation – Bus & Metro	Tuesday, November 12	10 a.m. – 1:45 p.m.	Seniors will learn how to take public transportation to different places.
Necessity Trip: Lotte of Chantilly	Friday, November 15	10 a.m. – 1:45 p.m.	Necessity Trip for food and shopping
Necessity Trip: Safeway, Fairfax Town Center	Friday, November 22	10 a.m. – 1:45 p.m.	Necessity Trip for food and shopping
Necessity Trip: Aldi of Chantilly	Friday, November 29	10 a.m. – 1:45 p.m.	Necessity Trip for food and shopping

<u>CONTINUED LEARNING CLASSES</u>			
Title	When	Time	Description
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