



Fairfax County

Neighborhood & Community Services

www.fairfaxcounty.gov/neighborhood-community-services

Wakefield Senior Center

**Address 8100 Braddock Road
Annandale VA 22003**

Hours: Monday—Friday, 9 a.m. to 4 p.m.
Closings Monday, September 2 & Tuesday, November 5, 11,28-29, 2024

Phone: 703-321-3000, TTY 711

September 2024-November 2024

PROGRAMS / ACTIVITIES

Title	When	Time	Description
Nature Walk	Mondays	9:45 a.m.	Leisurely Walk around Wakefield Park
Social Circle (New)	Mondays	2:30-3:30 p.m.	Let's gab about everything socially related
Nature Walk	Tuesdays	9:45 a.m.	Leisurely Walk around Wakefield Park
Learn Something New	Tuesdays	11-12p.m	Even know-it-all's don't know it all.
Bridge	Wednesdays	12:30 p.m.—3:30 p.m.	Social Bridge for Players with Some Experience
Nature Walk	Thursdays	9:45 a.m.	Leisurely Walk around Wakefield Park
Open Art Studio	Thursdays	1:30 p.m.—3:30 p.m.	Artists Creating Together for Pointers and Fun
Crafting/Beading	Fridays	10:30 a.m.	Self-Directed and Satisfying Styling and Stringing
Let's Get Moving	Daily	11-11:05	Time to stretch! 5 minutes
Bingo	Fridays	1 p.m.	Everybody Wins, Free and Friendly
Teddy Bear Crafting	Fridays	1 p.m.—3 p.m.	Help Make Teddy Bears for Inova Children's Hospital

CLASSES

Classes Start June 3 /Ends August 23

	When	Time	Description
Chair Yoga	Mondays	12:30 p.m.	Low-impact Seated Yoga
Beginner Tai Chi	Mondays	1:45 p.m.	The Chinese Meditative Movement Tradition
Advanced Tai Chi	Mondays	2:45 p.m.	The Chinese Meditative Movement Tradition
Line Dancing (2 Sessions)	Tuesdays	10 -11 11-12	Modern Unison Line Dancing in Various Styles

Fall Boot Camp (New)	Wednesdays	8:30-9:15 a.m.	High Intensity Floor Work
S.A.I.L.	Wednesdays	9:45 a.m.	Stay Active and Independent for Life-Balance & Strength
Charge Up with Charles (New)	Wednesdays	11-12 p.m.	Get invigorated and motivated and keep your stamina charged!
Zumba Toning	Thursdays	10:30 a.m.	Zumba with hand weights created for active older adults
Yoga	Thursdays	11:45 a.m.	Low Intensity Mat Yoga
S.A.I.L.	Friday	9:45 a.m.	Stay Active and Independent for Life-Balance & Strength
Fun w/ Fitness	Fridays	11 a.m.	Exercise with a variety of equipment.

Programs/Special Events / Trips

June-August2024

Title	When	Time	Description
Trip: Walmart	Friday, September 6	10-1	Trip of Necessity
Trip: National Museum of Asian Art	Friday, September 20	10-1	Charter
Trip: Silver Diner	Wednesday, Sept. 25	10 -1	Trip of Necessity
TRIP: National Museum of the United States Army	Friday, October 4	10-1	Charter
TRIP: Food Lion	Friday, October 18	10-1	Trip of Necessity
TRIP: National Zoo	Wednesday, October 23	10-1	Charter
TRIP: Cheesecake Factory	Friday, November 8	10 -1	Trip of Necessity
Trip: Target	Wednesday, November 13	10-1	Trip of Necessity
Trip: Amish Market	Friday, November 22	10-1	Charter

Community Meetings

Title	When	Time	Description
Recruitment Day	3 rd Thursdays September-November	10a.m-2 p.m.	Building a more diverse membership!