



Fairfax County

Neighborhood & Community Services

www.fairfaxcounty.gov/neighborhood-community-services

Burke/Springfield Center for Active Adults

Address: 7541 Huntsman Blvd,
Springfield, VA 22153

Hours: Monday – Friday, 9 a.m. to 4 p.m.

Phone: 703-803-3879

August 2025

PROGRAMS / ACTIVITIES

Title	When	Time	Description
Coffee and Cribbage	Mondays	9 a.m. – 11 a.m. Room 4	Join us on Monday mornings with your cup of coffee and play the card game, Cribbage.
Watercolor Painting	Mondays, Wednesdays and Fridays	9:30 a.m. – 11 a.m. Room 5	Learn fundamental concepts needed to start painting with watercolor. Understand essential color palette, composition, watercolor techniques, and so much more.
Mahjong (Beginner)	Mondays	9:30 a.m. – 12 p.m. Room 2	This program will teach you the basics of the tile-based game, American Mahjong.
Bunco	Mondays	10 a.m. – 12 p.m. Room 3	This fun, fast-paced dice game encourages social interaction with friendly competition.
Stay Active for Independent Living (S.A.I.L.)	Mondays and Thursdays	10:30 a.m. – 11:30 a.m. Room 1	Join us for this strength, balance and fitness program. Performing exercises that improved strength, balance and fitness are the single most important activity that adults can do to stay active and reduce their chance of falling. The entire curriculum of activities in the SAIL program can help improve strength and balance, if done regularly.

Brain Games	Mondays	12:30 p.m. – 2 p.m. Room 3	Brain Games are games designed to keep your mind sharp. Games include sudoku, word puzzles, memory games, and so much more.
Nature Charms	Mondays and Wednesdays	12:30 p.m. – 2:30 p.m. Room 5	Join us in creating resin pendants by encapsulating small natural specimens. In this program, you will discover how to responsibly select natural materials while also learning how to use resin to make your own natural charm.
Mahjong (Social)	Mondays	1 p.m. – 3 p.m. Room 2	This is a Social Mahjong group – open to players at all levels. Learn the game or play and improve in an environment welcoming to all skill levels. Open to Adults and Seniors.
Knitting and Crocheting Group	Mondays	1 p.m. – 3 p.m. Room 4	Bring your knitting or crocheting needs and a ball of yarn and join other adults and seniors in the art of knitting and crocheting.
Farkle	Mondays	2:30 p.m. – 4 p.m. Room 3	This dice game uses 6 dice in a race to 10,000 points. Open to Adults and Seniors.
Chess (Beginner)	Tuesdays	9 a.m. – 11 a.m. Room 3	This program teaches you the basics of the 2-player board game of chess. Learn basic moves and strategies. Open to Adults and Seniors.
Cricut Training	Tuesdays and Fridays	9:30 a.m. – 11:30 a.m. Room 2	Cricut training is a hands-on workshop designed to teach participants how to use the Cricut cutting machines for crafting and DIY projects. These trainings cover the basics of operating the machine, navigating the Cricut software, and creating custom designs.
Origami Creations	Tuesdays	9:30 a.m. – 11:30 a.m. Room 5	Explore the ancient art of paper folding by learning techniques used to create beautiful works of art inspired by nature.
Stronger Memory	Tuesdays and Fridays	10:30 a.m. – 11:30 a.m. Room 1	Stronger Memory is a breakthrough program created by Goodwin Living that helps improve brain health. It is designed for everyone, whether you have a diagnosis of mild cognitive impairment or strive to thrive as you age. With simple exercises, Stronger Memory stimulates the part of the brain that helps retrieve memories.

Scrabble (Social)	Tuesdays	11 a.m. – 1 p.m. Room 4	This is a Social Scrabble group – open to players at all levels. Learn the game or play and improve in an environment welcoming to all skill levels. Open to Adults and Seniors.
Pinochle (Beginner)	Tuesdays	11:30 a.m. – 1 p.m. Room 3	Learn to play the card game Pinochle with other adults and seniors. Pinochle is a 2 or more-player trick taking game using a 48-card deck.
Wii Sports Games	Tuesdays and Thursdays	12:30 p.m. – 2:30 p.m. Room 2	Join other adults and seniors in playing active Wii Sports games such as Wii Bowling, Wii Tennis, and so much more.
Bridge (Beginner)	Tuesdays	1:30 p.m. – 3 p.m. Room 3	Join other adults and seniors in learning and playing the card game Bridge. This card game is played using a standard 52-card deck with 4 players in 2 competing partnerships.
Chess (Social)	Tuesdays	2 p.m. – 4 p.m. Room 1	This is a Social Chess group – open to players at all levels. Learn the game or play and improve in an environment welcoming to all skill levels. Open to Adults and Seniors.
Card Making	Tuesdays	2 p.m. – 4 p.m. Room 4	Join other adults and seniors in crafting handmade cards for birthdays, invitations, or any special occasion.
Journaling (Social)	Wednesdays	9 a.m. – 10:30 a.m. Room 4	Join other adults and seniors in a welcoming environment while tracking what make you tick. This is an effective way to identify, categorize, and analyze experiences to facilitate personal growth.
Dominos (Social)	Wednesdays	9:30 a.m. – 11 a.m. Room 2	This is a Social Dominos group – open to players at all levels. Learn the game or play and improve in an environment welcoming to all skill levels. Open to Adults and Seniors.
Crazy Eights (Beginner)	Wednesdays	9:30 a.m. – 11 a.m. Room 3	Join other adults and seniors in the shedding-type card game, Crazy Eights. This card game uses a standard 52-card deck for 2 or more players.
Computer Basics	Wednesdays	10:30 a.m. – 11:30 a.m. Room 1	Learn the basics of computers.
Rummy (Beginner)	Wednesdays	11:30 a.m. – 1 p.m. Room 2	This card game uses a standard 52-card deck. Draw and discard cards while trying to form sets and runs while trying to gain the most points. Open to Adults and Seniors.

Yahtzee (Social)	Wednesdays	11:30 a.m. – 1 p.m. Room 3	This is a Social Yahtzee group – open to players at all levels. Learn the game or play and improve in an environment welcoming to all skill levels. Open to Adults and Seniors.
Rummikub (Social)	Wednesdays	1:30 p.m. – 3 p.m. Room 1	This tile-based game for 2 to 4 players combines the elements of the card game rummy and the tile-based game Mahjong. Open to Adults and Seniors of all skill levels.
Bridge (Beginner)	Wednesdays	1:30 p.m. – 3 p.m. Room 2	This trick-taking game uses a 52-card deck that has 4 players in 2 competing partnerships. Open to Adults and Seniors.
Boggle (Social)	Wednesdays	1:30 p.m. – 3 p.m. Room 3	This is a Social Boggle group – open to players at all levels. Learn the game or play and improve in an environment welcoming to all skill levels. Open to Adults and Seniors.
Creative Writing	Wednesdays	2 p.m. – 4 p.m. Room 4	Join other adults and seniors in this form of artistic expression using imagination and originality.
Intermediate Chess	Thursdays	9 a.m. – 11 a.m. Room 3	Join other experienced adults and seniors in playing and sharpening your skills in the 2-player board game of chess. Open to Adults and Seniors.
Intermediate Mahjong	Thursdays	9 a.m. – 11 a.m. Room 4	Join other experienced adults and seniors in playing and sharpening your skills in the tile-based game of Mahjong. Open to Adults and Seniors.
Android Basics	Thursdays	10:30 a.m. – 11:30 a.m. Room 2	Learn the basics of your Android phone or your Android tablet.
Apple Basics	Thursdays	11:30 a.m. – 12:30 p.m. Room 2	Learn the basics of your Apple phone or your Apple tablet.
Intermediate Backgammon	Thursdays	1 p.m. – 3 p.m. Room 5	Join other experienced adults and seniors in playing and sharpening your skills in the 2-player board game of backgammon. Open to Adults and Seniors.
Bingo	Thursdays	1:30 p.m. – 3:30 p.m. Room 1	Join us on Thursdays for exciting games of Bingo. This is a great way to socialize and meet new people. Open to Adults and Seniors.

Canasta	Thursdays	2 p.m. – 4 p.m. Room 3	This card game is similar to the card game of Rummy. Canasta is played with 4 players in 2 partnerships with 2 standard 52-card decks.
Scrapbooking	Thursdays	2 p.m. – 4 p.m. Room 4	Join other adults and seniors in preserving memories by compiling photos, memorabilia, narratives, and much more.
Spades	Fridays	9 a.m. – 10:30 a.m. Room 4	Spades is a trick-taking card game played with 4 players in 2 partnerships. The game uses a 52-card deck and combines strategy, skill, and a bit of luck.
Backgammon (Beginner)	Fridays	9:30 a.m. – 10:30 a.m. Room 3	Learn to play one of the oldest board games in the world, Backgammon. Using dice, you will maneuver your pieces to bear off all of your pieces first combining strategy, luck, and timing.
Hearts	Fridays	11 a.m. – 12:30 p.m. Room 4	Hearts is a trick-taking card game played between 3-6 players using a 52-card deck. Open to Adults and Seniors.
Backgammon (Social)	Fridays	11:30 a.m. – 1 p.m. Room 3	This is a Social Backgammon group – open to players at all levels. Learn the game or play and improve in an environment welcoming to all skill levels. Open to Adults and Seniors.
Farkle	Fridays	12 p.m. – 1:30 p.m. Room 2	This dice game combines luck and strategy using 6 dice to score points and reach 10,000 before everyone else. Open to Adults and Seniors.
Euchre	Fridays	1 p.m. – 2:30 p.m. Room 4	This trick-taking card game is played between 4 players in 2 partnerships using a 24-card to 32-card deck. This game is great for strategic gameplay as well as social interaction. Open to Adults and Seniors.
Trivia	Fridays	1:30 p.m. – 3 p.m. Room 1	Join us for Trivia on Fridays in a variety of categories including movies, tv shows, history, pop culture and so much more.
Shut the Box	Fridays	1:30 p.m. – 3 p.m. Room 3	This classic dice game combines luck and strategy as you roll the dice and remove the numbered tiles.
Classic Dice	Fridays	2 p.m. – 4 p.m. Room 2	This dice game, similar to Farkle, uses 6 dice to score points and reach a score of 10,000 points before everyone else. Open to Adults and Seniors.