



October 2018



Bailey's Senior Center

5920 Summers Lane, Falls Church, VA 22044



Operating Hours
Monday - Friday, 9 a.m. - 4 p.m.

www.fairfaxcounty.gov/neighborhood-community-services

Schedule of events and activities are subject to change. Please call the facility directly for the most updated information.
Terrence Artis, Senior Center Director, 703-820-2131, TTY 711

OCTOBER 2018

Programs

Programs	When	Time	Description
Coffee Hour	Monday - Friday	9 a.m.	
Tables Games	Monday - Friday	10:30 a.m.	Play your favorite game with friends or learn a new one.
Walk for Fun	Monday - Friday	11 a.m.	Track your steps walking around the gym.
Fitness Room	Monday - Friday	9 a.m.	Utilize free weights or stationary machines.
Quilting Project	Monday, Thursday	10:30 a.m.	Group project where everyone learns from each other.
Book Club	TBA	TBA	Monthly book discussion. Light refreshments served.
Dominos - Rummikub	Monday - Friday	10 a.m. - 1:30 p.m.	Have fun while keeping the mind sharp.
Scrabble for Fun	Monday, Wednesday, Friday	1 p.m.	Classic word game to keep up cognitive skills while having fun with friends.

Classes

Classes	When	Time	Description
Chair Exercise	Wednesday	10:30 - 11:30 a.m.	Seated aerobic exercise designed to increase the heart rate while having fun. (Video)
Chair Exercise	Tuesday, Thursday	11:15 a.m.	Seated aerobic exercise. (Video)
Ceramics Class	Wednesday	11 a.m. - 1 p.m.	Learn the basics of ceramics while painting your own piece.
Knitting	Friday	12:30 p.m.	Learn to knit or brush up on your skills.
Line Dance	Tuesday, Wednesday	12:30 p.m.	Line dance for the advanced dancer.
Tai-Chi Class	Monday	10:30 a.m. - 12:30 p.m.	Chinese meditative practices which use slow graceful movements and controlled breathing techniques that strengthen your mind-body connection, reduce stress, promote serenity and improve circulation.
Tech Time	Monday - Thursday	By appointment	Bring your questions and your devices. Get the most out of your mobile device with help using your cell phone, tablet or laptop.
Technology for Seniors	Mondays & Wednesdays	12:30 p.m.	Learn about the latest gadgets and how to use them. Ask questions around navigating the internet.

Special Events/Trips

Special Events/Trips	When	Time	Description
Blood Pressure Check	TBA	TBA	FREE blood pressure checks.
Trip: Walmart	October 5	10:30 a.m.	Trip of necessity. Visit local shopping centers.
Columbus Day	October 8	All Day	Center CLOSED in observance of a county holiday.
Botanic Gardens	October 10	10:30 a.m.	The United States Botanic Garden is a botanic garden on the grounds of the United States Capitol in Washington, D.C., near Garfield Circle. The U.S. Botanic Garden is supervised by the Congress through the Architect of the Capitol
Trip: Dollar Tree	October 12	10:30 a.m.	Trip of necessity. Visit local shopping centers.
Fire Department	October 15	1 p.m.	Fire Department visit. Informal presentation on keeping your home safe and protected for emergencies.
The Marketplace at Bailey's	October 17	10 a.m. - 2p.m.	Purchase great items at deep discounts. Proceeds to benefit the Bailey's Senior Center Advisory Council. Market is held the second Wednesday of the month. Donations welcomed.
Birthday Celebration	October 24	12:15 p.m.	Celebrate this month's birthday with cake and singing.
Charter Trip: Lorton Senior Center	October 22	10:30 a.m.	Share with more people and spend your time at Lorton Senior Center, and you can take your time to buy in the stores in the same place.
Trip: Aldi	October 19	10:30 a.m.	Trip of necessity. Visit local shopping centers.