



*December 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](http://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.  
Telma Barrera, Senior Center Assistant Director, 703-820-2131, TTY 711

December 2018			
Programs			
Programs	When	Time	Description
Coffee Hour	Monday - Friday	9 a.m.	Enjoy are coffee here in Bailey's Senior Center and meet with a new friends
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	9:30 a.m. - noon	Group project where everyone learns from each other.
Book Club	2th Monday	12:45 p.m.	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.
Ceramics Class	Wednesday	11 a.m. - 1 p.m.	Learn the basics of ceramics while painting your own piece.
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
<b>Holiday Music w/ Deena Javor</b>	<b>Monday 3</b>	<b>Noon</b>	<b>Start your holidays with a nice music and hot drinks: Hot chocolate, Coffee Apple cider and Té)</b>
Tyson Corner Mall	Wednesday 5	10:15 a.m.	Play your favorites games and make your Christmas shopping and enjoy at Tyson Mall.
Blood Pressure Check	Wednesday 5	9:30 a.m. - noon	FREE blood pressure checks.
Trip: Wal-Mart	Friday 7	10:15 a.m.	Trip of necessity.
Trip: Lincolnia Senior Center	Monday 10	10:30 a.m.	Enjoy with your friends at Lincolnia Senior Center and play, talk and enjoy the lunch.
Trip: Dollar Tree	Friday 14	10:30 a.m.	Trip of necessity.
Christmas Celebrations	Wednesday 19	11 a.m.	One more year and celebrate CHRISTMAS with all your friends at Bailey's Senior Center.
Trip: Aldi	Friday 21	10:30 a.m.	Trip of necessity.
<b>Christmas Eve</b>	<b>Monday 24</b>	<b>All Day</b>	<b>Center Closed</b>
<b>Christmas Day</b>	<b>Tuesday 25</b>	<b>All Day</b>	<b>Center Closed</b>
Bingo and New Year Celebration	Friday 28	10:30 a.m.	<b>HAPPY NEW YEAR 2019</b>
Community Meeting			
Meetings	When	Time	Description
Senior Chat & Chew Meeting	Wednesday 12	Noon	Open discussion about programming needs and expectations for 2019!