



Fairfax County

# Neighborhood & Community Services

[www.fairfaxcounty.gov/neighborhood-community-services](http://www.fairfaxcounty.gov/neighborhood-community-services)

## Bailey's Senior Center

**Address:** 5920 Summers Lane  
Falls Church, VA 22041

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

**Phone:** 703-820-2131, TTY 711

### March 2020

#### PROGRAMS / ACTIVITIES

Title	When	Time	Description
Coffee Hour	Monday - Friday	9 a.m.	Enjoy are coffee here in Bailey's Senior Center and meet with new friends
Tables Games	Monday - Friday	10:00 a.m.	Play your favorite game with friends or learn a new one. Ex. Rummikub
Fitness Room	Monday - Friday	9 a.m.	Utilize free weights or stationary machines.
Quilting/Sewing/Craft Group	Every Friday	10 a.m. – 12 p.m.	Group project where everyone learns from each other.
Using Technology for Art	Every Monday & Wednesday	12:30 p.m.- 1:30 p.m.	Using different types of tools and equipment to make crafts that ones can take home.
Bingo	2 <sup>nd</sup> and 4 <sup>th</sup> Friday	12:30 p.m.	Classic word game to keep up cognitive skills while having fun with friends.

#### CLASSES

Title	When	Time	Description
Acupressure	Mondays	9:30 a.m. – 10:30 a.m.	
Tai-Chi Class	Mondays	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.
Tai-Chi Class	Wednesdays	10:30 a.m. - 12:00 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.
Nutrition Program	Mondays	12:00 p.m. – 2:00 p.m.	Come and join us for this five-class program in February
Healthy Snacks & Nutrition Class	2 <sup>nd</sup> and 4 <sup>th</sup> Mondays	1:00 p.m.- 1:30 p.m.	Learn and make health choices by making healthy snacks to eat.
Tech Time	Mondays & Wednesdays	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.
Line Dance (\$)	Tuesdays	10:30 a.m. – 1:30 p.m.	Line dance for the Intermediate dancer.
Line Dance (\$)	Wednesdays	10:30 p.m. – 12:30 p.m.	Line dance for the Intermediate dancer.
Chair Exercise	Wednesdays	10:15 - 11:00 a.m.	Seated aerobic exercise designed to increase the heart rate while having fun.
Beginner Knitting and Crochet Class	Mondays & Wednesdays	12:30 p.m. – 1:30 p.m.	Learning how to knit or just spend time with others knitting away on their own projects.
Stay Active & Independent for Life (SAIL) Fitness	Mondays	11:00 a.m. – 11:45 a.m.	SAIL is a strength, balance and fitness program for adults. Performing exercises that improve strength, balance and fitness is the single most important activity adults can do to stay active and reduce their chances of falling. The entire curriculum of activities in the Stay Active and Independent for Life (SAIL) program can help improve strength and balance, if done regularly. Exercises may be done sitting or standing.
Stay Active & Independent for Life (SAIL) Fitness	Wednesdays	12:30 p.m. – 1:15 p.m.	SAIL is a strength, balance and fitness program for adults. Performing exercises that improve strength, balance and fitness is the single most important activity adults can do to stay active and reduce their chances of falling. The entire curriculum of activities in the Stay Active and Independent for Life (SAIL) program can help improve strength and balance, if done regularly. Exercises may be done sitting or standing.
Stay Active & Independent for Life (SAIL) Fitness	Fridays	11:00 a.m. – 11:45 a.m.	SAIL is a strength, balance and fitness program for adults. Performing exercises that improve strength, balance and fitness is the single most important

			activity adults can do to stay active and reduce their chances of falling. The entire curriculum of activities in the Stay Active and Independent for Life (SAIL) program can help improve strength and balance, if done regularly. Exercises may be done sitting or standing.
Jewelry Making Class	Fridays	12:30 p.m. – 1:30 p.m.	Using different tools, you will be making beautiful jewelry by hand.
<u>SPECIAL EVENTS/TRIPS</u>			
Title	When	Time	Description
Trip to Lincolnia Senior Center	Monday, March 4	10:00 a.m. – 1:30 p.m.	Visit another center to attend a Scam Event
Necessity Trip: Walmart (\$)	Friday, March 6	10:00 a.m. – 12:30 p.m.	Necessity Trip for food and shopping
Trip to Unique (Thrift Store)	Monday, March 9	10:30 a.m. – 12:00 p.m.	
Charter Trip: Amish Market (\$)	Thursday, March 12	10:00 a.m. – 1:00 pm.	Visit and enjoy the local mall to shop
Necessity Trip: Dollar Tree (\$)	Friday, March 13	10:00 a.m. – 12:30 p.m.	Necessity Trip for food and shopping
Bingo	Friday, March 13	12:30 pm	Come and participate in BINGO
Saint Patrick Celebration	Monday, March 16	11:00 a.m. – 12:30 p.m.	
Necessity Trip: Lotte Plaza Market (\$)	Friday, March 20	10:00 a.m. – 12:30 p.m.	Necessity Trip for food and shopping
Trip to the local library	Wednesday, March 25	11:00 a.m. – 12:00 p.m.	Go to the local library and spend some time picking out some new books to read
Birthday Celebrations	Wednesday, March 25	10:00 a.m. – 1:30 p.m.	Celebrate the birthdays in March
Necessity Trip: Ross (\$)	Friday, March 27	10:00 a.m. – 12:00 p.m.	Necessity Trip for food and shopping
Bingo	Friday, March 27	12:30 pm	Come and participate in BINGO
Charter Trip: National Cathedral	Monday, March 30	10:00 a.m.- 1:00 p.m.	Visit the National Cathedral in DC