



Fairfax County

# Neighborhood & Community Services

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

## Cathy Hudgins Community Center at Southgate

Hours: Monday- Thursday: 9 a.m. -9 p.m.

Friday: 9 a.m. - 10 p.m.

Saturday: Noon – 10 p.m.

Address: 12125 Pinecrest Road  
Reston, VA 20191

Phone: 703-860-0676, TTY 711

Schedule is subject to change. Please call the facility for the most updated information.

### September, October & November 2023

#### PROGRAMS / ACTIVITIES

Title	When	Time	Description
Tot Time	Friday	10:15 a.m.- 11:45 a.m.	Please join us for our new tot time. This drop-in playgroup encourages caretakers, guardians, and preschool-aged children to socialize with one another. The center's indoor gym will be open for free play. Toys, games, books, and music will be provided. Children must be always supervised by caretaker/guardians.
Youth Zone After-school Program	Monday-Friday	3:30 p.m. – 6 p.m.	Homework help is available, as well as cooperative games, in-door/outdoor sports, board games, community service projects, cooking, arts & crafts, and more. Participants must be registered in the program.
Computer Clubhouse After-school Program	Monday-Friday	3:30 p.m. – 6 p.m.	Make your ideas come alive at the Clubhouse Network. Hang out with friends, work on projects together and use exciting new technology. The Clubhouse Network provides a creative and safe after-school learning environment where young people work with adult mentors to explore their own ideas, develop skills, and build confidence in themselves, through the use of technology. Participants must be registered in the After-school Program.
Teen Zone and Clubhouse Homework Time	Monday-Friday	2:30 p.m. – 3:30 p.m.	Homework support, as well as cooperative games, in-door/outdoor sports, board games, community service projects, cooking, arts & crafts, and more. Participants must be registered in the program.
Teen Computer Clubhouse, Project, and Additional Homework Time	Monday - Friday	6:15 p.m. – 7:45 p.m.	Engage and make friends while sharing creative ideas and working on projects in the computer Clubhouse. Access to fun activity such as VR and XBOX games. If you have any ideas for new or updated programs, stop by the front desk.
Adults and Seniors Open Lab	Monday-Friday	Noon - 2 p.m. 7:45 p.m. - 8:45p.m	Ages 19+, participants can use the computers to access the internet, email and print. One-on-one assistance is available.
Teen Open Gym	Monday-Friday	See Description	Monday-Friday 2:30p.m.- 3:45p.m. Wednesday- 7:45-8:45p.m.  Open gym schedule is subject to change. Please call the facility at 703-860-0676 for the most updated information.
Family Open Gym	Monday-Friday	See Description	Monday, Tuesday, Thursday & Friday 6:15p.m. –8:45p.m.  Open gym schedule is subject to change. Please call the facility at 703-860-0676 for the most updated information.
Adult & Senior Open Gym	Monday-Friday	See Description	Monday-Friday 9a.m.- 2p.m.  Open gym schedule is subject to change. Please call the facility at 703-860-0676 for the most updated information.
Adult Pickleball	Tuesday and Thursday	Noon -2 p.m.	Pickle ball net, balls and paddles are provided. If you're a beginner or a rising star, come out and meet new friends or hang out with your friends at our free court. ALL LEVELS WELCOME!!
ESOL	Tuesday & Thursday	10a.m. – Noon 7p.m. – 8:30p.m.	Cathy Hudgins Community Center at Southgate will be offering beginner level English classes. Dates and times will be announced at the beginning of September. Registration will be required, and space will be limited.
S.P.A.R.C	Tuesday & Thursday	10 a.m. – 2 p.m.	Special Adapted Rescue Club is an accessible club for adults with physical & or development disabilities in support of their continued development of life skills.
Badminton	Wednesday, Thursday	Wednesday 1p.m. – 3p.m. Thursday 2p.m. – 3p.m.	Open play for adults ages 18+ who are out of HS

Ping Pong Table Tennis	Wednesday, Fridays	12p.m. – 1p.m.	Open play for adults ages 18+ who are out of HS
CLASSES Senior and Adult			
Title	When	Time	Description
Teen STEAM Club	Thursday	6:30 p.m.- 7:30 p.m.	Building relationships and mutual love of learning about STEAM. You can discover your creativity through STEAM and explore new ideas.
Adult Basic Computer Skills Class	Monday	11:30 a.m.–12:30 p.m.	Come learn and practice basic computer skills. Registration required and space limited. Call the center for more information and to register.
Yoga for All	Monday and Wednesday	10 a.m.-11 a.m.	All levels welcome to our gentle yoga. (Wednesday Bilingual- Spanish)
Chair Exercise (Video) NCS	Tuesdays	9:30 a.m. – 10 a.m.	chair exercises for seniors, senior exercises at home, chair workout, seated workout, workout for seniors, chair leg exercises, senior shape, workout for weight loss, fat burning workout, workout at home, low impact workout, joint friendly exercises, silver sneakers, 10 minute workout, chair lower body workout, chair exercises, seated exercises for seniors, exercises for seniors over 60, chair yoga for seniors, no equipment workout, beginner workout, strength workout for seniors
S.A.I.L (Senior Class)	Tuesdays	10:15 a.m. – 11:15 a.m.	Stay Active for Independent Living (SAIL) is a strength, balance and fitness program for adults 65 and older. Performing exercises that improve 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. This meets for 12 weeks. <b>This program is free. You must register and attend all sessions. Class has limited space.</b>
Arthritis Class (Senior Class)	Tuesdays	11:15 a.m. – 11:45 a.m.	Safe exercises to do here at the community center to reduce arthritis pain in your joints by reducing stiffness in back, shoulders and hips. These movements are designed to improve your strength and mobility. You can use a chair, for safety, and other equipment such as a towel or ball, and bands for your warm-up and workout. Learn to breathe through the movements to ease anxiety.
Music Lovers	Tuesdays	1 p.m. 2 p.m.	Oldies But Goodies Sing-along
Family Zumba	Wednesday	6 p.m. – 7 p.m.	Achieve your health goals and reconnect with your community with some Zumba dancing! Zumba combines Latin and International music with a fun and effective workout system. Perfect for everyone!
Adult & Senior Social Time	Monday	10 a.m. -2 p.m.	Please join us for our new adult social time. This drop-in group will include board games, bingo, arts and crafts and an opportunity to socialize. Light refreshments will be available.
ESOL	Tuesday & Thursday	10a.m. – Noon 7p.m. – 8:30p.m.	Cathy Hudgins Community Center at Southgate will be offering beginner level English classes. Dates and times will be announced at the beginning of September. Registration will be required and space will be limited.
Community Meetings and Events			
Title	When	Time	Description
Advisory Council Meeting	Tuesdays: <ul style="list-style-type: none"> <li>September 12</li> <li>October 10</li> <li>November 14</li> </ul>	7 p.m. – 8:30 p.m.	Cathy Hudgins Community Center at Southgate Advisory Council Meeting will be held in person or virtually. Please contact the center for more information and for the meeting link.
Capital Mobile Food Bank	Saturdays: <ul style="list-style-type: none"> <li>September 9</li> <li>October 14</li> <li>November 4</li> </ul>	8 a.m. – 11 a.m.	Cathy Hudgins Community Center at Southgate is one of the locations for the Mobile Market Program; this food bank can deliver fresh produce monthly to high-needs neighborhoods throughout the DC metropolitan area. 88 Mobile Market locations are currently operating in partnership with community organizations. Cathy Hudgins Community Center is proud to have this resource here in your community. These Mobile Market places are operated monthly in a farmer’s market style that distributes produce. They target high-density areas with high rates of food insecurity, spotlight community service providers and feature cooking demonstrations.
Family Dinner	September 15 November 10	7p.m. – 8:30p.m.	Family meals eaten at home have been proven to benefit the health and wellness of children and make families stronger—creating a positive impact on our communities. Come join us for a good meal and family fun.
Family Festival	October 28	12p.m. – 3p.m.	Giveaways, Music, Moon bounce, Food, Games for the community
Fear Feast Haunted House	October 28	6p.m. – 9p.m.	Brace Yourself for a Living Nightmare come join the scary fun of Cathy Hudgins Community Center Haunted House.

Closings and Reminders

Title	When	Time	Description
Labor Day	September 2, 2023 September 4, 2023		Holiday
Election Day	November 7, 2023		Election Day
Veterans Day	November 10, 2023		Holiday
Thanksgiving Day	November 23, 2023		Holiday
Day After Thanksgiving	November 24, 2023		Holiday