



Fairfax County

Neighborhood & Community Services

www.fairfaxcounty.gov/neighborhood-community-services

Gum Springs Community Center

Address: 8100 Fordson Road
Alexandria, VA 22306

Hours: Monday – Friday, 9 a.m. to 9:45 p.m.
Saturday, 1 p.m. to 9:45 p.m.

Phone: 703-360-6088, TTY 711

March 2020

PROGRAMS / ACTIVITIES

Title	When	Time	Description
Supper	Monday-Friday	4:30 p.m.	After School and Teen Program (Free Hot Meals)
Homework Help	Monday-Thursday	4 – 4:30 p.m.	After School Program (Homework Time)
Cyber Monday (S.T.E.A.M)	Monday	5 p.m.	After School Program (Technology Day)
Science Tuesday (Science Experiments)	Tuesday	5 p.m.	After School Program (Science Extravaganza)
Workout Wednesday (WOW)	Wednesday	5 p.m.	After School Program (Fitness Day)
Tasty Thirsty Thursday (nutrient day)	Thursday	5 p.m.	After School Program (Creating Healthy Food & Snacks)
Freedom Friday (Free Day)	Friday	4 p.m.	After School Program (Kids Choice)
Study Time/Hot Topic	Monday – Friday	2:30 – 6:30 p.m.	Teen Program -Clubhouse, STEAM, STEM, Teen room Hot Topic Current Event Discussion
Jireh's Place	2 nd & 4 th Thursday, 3/12 and 26	6 – 8 p.m.	Teen Program -Teen Girl Program
WOW "Work out Wednesday"	Wednesday	5:30-6:30 p.m.	Teen Program - Exercise with Staff. Healthy Nutrition
Teen Gym	Mon, Tues, Thurs, Fri	5:30-6:30 p.m.	Teen Program-Open Gym (Basketball & Free Play)

Teen Cooking Program	Mondays	5:30-6:30 p.m.	Learn to cook healthy and popular Meals
Teen Discussion	Tuesdays	4-5 p.m.	Discuss Current events and topics effecting teens
Teen arts and Craft	Thursday	4-5 p.m.	Teen centric arts and craft activities
Teen Games	Wednesday	5:30-6:30 p.m.	Various Games
Breakfast & Social	Tuesday - Thursday	10 a.m.	Senior Program (Brain Teasers)
Mental Muscle	Tuesday	10:30 a.m.	After School and Teen Program (Free Hot Meals)
Ping Pong & Pool	Tuesday	11 a.m.	Senior Program (Leisure Sports Play)
Girl Trek / Walking Club	Wednesday	11 a.m.	Senior Program (Fitness Time)
Technology Activity	Wednesday	1 p.m.	Senior Program (Hands on computer time)
Bingo	Thursdays	1 p.m.	Senior Program (Adult Games)
Club House Event	1 st Thursday, 3/5	10:30 a.m.	Senior Program (Hands on computer time)
Breakfast & Social	Tuesday - Thursday	10 a.m.	Senior Program (Time for Fellowship)
Fitness Center	Monday – Friday	9 a.m. – 2 p.m. 6 -9 p.m.	Adult Program (Workout Center)
Fitness Center	Saturday	1-9 p.m.	Adult Program (Workout Center)
40 + Basketball	Monday & Wednesday	11:30 a.m.-2:30 p.m.	Adult Program (Leisure Sports Play)
Women’s Basketball	Monday	7:30 -9:30 p.m.	Adult Program (Leisure Sports Play)
Adult Basketball	Tuesday & Thursday	7:30-9:30 p.m.	Adult Program (Leisure Sports Play)
Volleyball	Wednesday	7:30-9:30 p.m.	Adult Program (Leisure Sports Play)
Wheelchair Basketball	Thursday	11:30 a.m.-2:30 p.m.	Adult Program (Leisure Sports Play)
Pickle Ball	Tuesday	5:30-7:30 p.m.	Adult Program (Leisure Sport Play)
Pickle Ball	Saturday	1:30-3:30 p.m.	Adult Program (Leisure Sport Play)

<u>CLASSES</u>			
Title	When	Time	Description
Aerobics	Mon., Wed., &Thu.	6:30-7:30 p.m.	Adult Program (Adult Fitness)
Zumba	Tuesday	6:30-7:30 p.m.	Adult Program (Adult Fitness)
Chair Aerobics	Tuesday	1 p.m.	Senior Program (Chair Fitness Class)
<u>Special Events / Trips</u>			
Title	When	Time	Description
Read Across America Day/ Event	Monday, March 2	6:30 – 8 p.m.	Celebrate Dr. Sues' Birthday and love of reading.
Trip of Necessity – Gabe's	Wednesday, March 4	10:30 a.m.	Senior Program (Personal Shopping)
Fire Safety Presentation	Tuesday, March 10	11:30 a.m.	Senior Program
Trip of Necessity – Giant/Ross	Wednesday, March 11	10:30 a.m.	Senior Program (Personal Shopping)
Food for Other Volunteer Program	Friday, March 13	10 a.m.- 12 noon	Volunteer Food Delivery to Riverside Elementary
Movie Field Trip	Tuesday, March 17	12 noon	Senior trip to the movies
Trip of Necessity – Target	Wednesday, March 18	10:30 a.m.	Senior Program (Personal Shopping)
Trip of Necessity –Burlington	Wednesday, March 25	10:30 a.m.	Senior Program (Personal Shopping)
Food for Other Volunteer Program	Friday, March 27	10 a.m.- 12 noon	Volunteer Food Delivery to Riverside Elementary
<u>Community Meetings</u>			
Title	When	Time	Description
Saunders B. Moon	Tuesday, March. 10	11 a.m.	Senior
Civic Association	Tuesday, March 10	7:30 p.m.	Adult
Advisory Board	Tuesday, March 17	7:30 p.m.	Adult