



Fairfax County

Neighborhood & Community Services

www.fairfaxcounty.gov/neighborhood-community-services

Hollin Hall Senior Center

Address: 1500 Shenandoah Road
Alexandria VA

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

Phone: 703-765-4573

March 2020

PROGRAMS / ACTIVITIES

Title	When	Time	Description
Arthritis Exercise Class	Thursday	3-4 p.m.	Instructor certified in arthritis exercise class and is also a certified Jazzercise instructor. Free w/senior center membership. Drop-in
Beginning Spanish	Thursday	1:30 p.m.	Drop-in w/senior center membership. On-going.
Book Clubs (3) HH Book Club and the 'Other' Book Club will not be meeting in December.	Monday, Wednesday, Friday depending on club	Times vary – call center for details on each club	Drop-in w/senior center membership – Stop by senior center for book lists for each club.
Bridge – Party/Social	Tuesday/Friday	12:45-1 p.m.	Drop-in w/senior center membership. You DO NOT need a partner for these 2 bridge sessions. Call Center for information on duplicate bridge sessions.
Canasta	Wednesday	10 a.m. & 12:30 p.m.	Drop-in w/senior center membership. Morning and afternoon sessions.
Chess	Wednesday	10 a.m.	Drop-in w/senior center membership.
NEW!! Computer Lab Assistant, Larry Dempsey	2 nd Thursday, 3/12	12:30 – 3:30 p.m.	Computer help is available! Please come and ask all your computer related questions! Drop-In
Conversational French	Wednesday	2-3 p.m.	Drop-in w/senior center membership. For those who have a basic understanding of the French language to converse.

Conversational Spanish	Tuesday	1 p.m.	Drop-in w/senior center membership. For those who have a basic understanding of the Spanish language to converse.
NEW!! Crosswords (group) w/Taylor	3 rd Thursday,3/19	11 a.m.	Drop-in w/senior center membership.
Exercise for Men	Tuesday/Thursday	9:15 – 10 a.m.	Cardio, strength, balance endurance. Work with hand weights and resistance bands. Free w/senior center membership. Drop-in
Exercise w/Patty Vandersall	Wednesday/Friday	9 a.m.	A well-rounded exercise routine that focuses on strength, endurance, balance and cardio. Can be adapted to individual's capabilities. Free w/senior center membership. Drop-In
Exercise with Gloria	Wednesday/Friday	10 – 11 a.m.	Well-rounded work-out w/some floorwork that can be adapted to chair. Free w/senior center membership. Drop-in
Fitness Equipment Training	3 rd Monday, 3/16 (w/exception of a Federal Holiday)	12:45 p.m.	In order to use the Fitness Room equipment, you will need to attend the 15-30-minute Orientation offered the 1 st Monday of every month (w/exception of a Federal Holiday). Just show up! Wear sneakers and dress comfortably.
Game Night	2 nd /4 th Wednesday, 3/11 and 25	4:30 p.m.-8:30 p.m.	Learn a new game, meet new friends! Light snacks brought in by members. Call center for more details!
Gentle Yoga	Tuesday	3:45 – 4:45	Certified yoga instructor specializing in adaptations for the older adult. Wear comfortable clothing and bring your own yoga mat. Free w/senior center membership. Drop-in
Harmonica Club	Friday	11 a.m.	Drop-in w/senior center membership – Bring your own harmonica.
Jazzercise	Monday/Tuesday/ Thursday/Friday	Days vary between 10 a.m. and 11 a.m. – Call center for specific times	Certified Jazzercise instructors. Work-out can be 'light' with modifications from instructor or more intense as desired. Free w/senior center membership. Drop-in
Low-Impact Exercise	Monday/Wednesday	11 a.m. – 12 Noon	Focus on strength, endurance, flexibility using resistance bands. No floor-work. 'Chair Friendly'. Free w/senior center membership. Drop-in
Mah Jongg (American Version)	Tuesday/Friday	1 p.m.	Drop-in w/senior center membership.

Mexican Train Dominoes	Friday	9:30 p.m.	Drop-in w/senior center membership
Mt. Vernon Genealogical Society (MVGS) library	Tuesday, Wednesday and Thursday	10 a.m. – 2 p.m.	At Hollin Hall Senior Center. This educational library is open to the community and staffed by MVGS volunteers.
New York Memories Group	3 rd Friday, 3/20	10:30 a.m.	Drop-in w/senior center membership. Topics of interest to those that were born, grew up, lived in New York or just love New York!
Pinochle	Monday/Thursday	12 Noon	Drop-in w/senior center membership.
Poetry Group	1 st Friday, 3/6	11 a.m.	Drop-in w/senior center membership
Railroad Club/Group	3 rd Thursday, 3/19	10 a.m.	Drop-in w/senior center membership
Rummikub	Tuesday	9:30 a.m.	Drop-in w/senior center membership.
Scrabble	Thursday	1 p.m.	Drop-in w/senior center membership.
Sewing	Monday	12:30 p.m.	Drop-in w/senior center membership. All sewing levels. Willing to help others with techniques.
Singing Group	Thursday	1 p.m.	Drop-in w/senior center membership
Strength Training	Tuesday/Thursday	9:30 a.m.	Video led. Drop-in
Strength Training	Wednesday	9 a.m.	Instructor led. Drop-in
Strength Training w/Peggy	Monday	9 – 10 a.m.	Perfect class for those needing to build strength and endurance with instructor modifications for those just beginning an exercise program. Free w/senior center membership. Drop in
Table Tennis	Tuesday/Friday	1 p.m.	Drop-in w/senior center membership
Tai Chi, Advanced	Wednesday	8:10 – 9 a.m.	Movement with Swords. Free w/senior center membership. Drop-in
Tai Chi, Beginning	Thursday	8:10 – 9 a.m.	Sign-ups begin in March for new year's curriculum starting 2 nd Thursday in May. Free w/senior center membership. Drop-in
Tai Chi, Intermediate	Tuesday	8:10 – 9 a.m.	For those that have taken Beginner Tai Chi. Free w/senior center membership. Drop-in
NEW!! Tea, Treats, & TED Talks w/Taylor Johnson	4 th Tuesday, 3/24	11 a.m.	A 'TED Talk' is a showcase for speakers presenting great, well-formed ideas in under 18 minutes. Every meeting we will watch a TedTalk video and discuss it over tea and some light snacks. Stop in the Center or call to reserve your spot! Free w/senior center membership.

Theatre Reading Group	Friday	1 p.m.	Drop-in w/senior center membership
NEW!! Trivia w/Taylor Johnson	1 st Thursday, 3/5	11 a.m.	Drop-in w/senior center membership
<u>Classes</u>			
Title	When	Time	Description
Brush-up-your-Bridge Classes w/Ruby Grant!	Tuesday for 6 weeks beginning 2/4	10:30 a.m.	For those who have played bridge but who may not have played for a VERY LONG TIME! Topics covered will be the History of Bridge, Play of the hand, and Seven Conventions. 6-week commitment is required. Free w/a senior center membership. Sign up at Hollin Hall Sr. Center or call to reserve a spot.
Apple iPhones/iPads w/Larry Dempsey	Thursday 3/5	1 – 3 p.m.	Drop-in Q&A session. Bring your own fully-charged Apple devices. N/A for non-Apple mobile devices. Each session is limited to 10 attendees.
Painting Class w/Ann Allman	Tuesdays	1:30 – 3:30 p.m.	Center member Ann Allman, Hollin Hall's figure drawing instructor, has volunteered to teach an acrylic painting class beginning in March. **Limit to 11 participants. Sign up at center. Free w/senior center membership.
Figure Drawing	Tuesday/Thursday	11:30 a.m.-1 p.m.	Beginners welcome. Good brain exercise as well. Free w/senior center membership. Drop in (on-going)
Friday History Group	2 nd /4 th Friday, 3/13 and 27	10 – 11:30 a.m.	New! Great Courses curriculum, "The Vikings". Drop-in for any center member!
Healthy Eating	1 st Monday, 3/2 (Unless holiday)	12:30 p.m.	Led by assistant director, Becky Bilowus. Wide variety of topics. Free w/senior center membership. Sign up at Hollin Hall Senior Center or telephone in.
Italian, Beginner Part 1 Beginning March 11	Wednesday	10 – 11:15 a.m.	Instructor: Manny Bartolotta. Free w/senior center membership. Sign up at Hollin Hall Senior Center 5 Student Minimum Required
Italian, Beginner Part 2 Beginning March 11	Wednesday	11:30 a.m. - 12:45 p.m.	Instructor: Manny Bartolotta. Free w/senior center membership. Sign up at Hollin Hall Senior Center 5 Student Minimum Required
Italian, Intermediate – Beginning Thursday, March 5	Thursday	10 a.m.	Instructor: Bob Lieberman. Free w/senior center membership. Sign up at Hollin Hall Senior Center 5 Student Minimum Required

Military History Group	2 nd /4 th Monday, 3/9 and 23	10 – 11:30 a.m.	Military history buffs unite! Guest speakers, yearly agenda. Drop-in for any center member!
Piano, Beginning	1 st /3 rd Monday, 3/2 and 16	11:45 a.m.	Free w/senior center membership. This class is a 'group' class format. Call center for current space availability.
Piano, Intermediate	Mondays	10 a.m.	Free w/senior center membership. This class is a 'group' class format. Call center for current space availability. For those with previous experience that are NOT taking one of the beginner piano classes.
Tap Class w/Julie - Beginner	Monday	2 p.m.	JUST ADDED! Free w/senior center membership.
Tap Class w/Julie – Intermediate	Monday	1 p.m.	Free w/senior center membership. Must have intermediate tap experience to participate. Stop by to observe a class to see the level they are at.
Welcome Orientation and Tour of Hollin Hall Senior Center	3 rd Monday, 3/16 (changes when is a holiday)	1 p.m.	Led by center volunteer Jan Kestyn. Open to all newly registered center members or those considering membership to NCS senior centers. Drop in.
Woodworking w/Mickey Post	2 nd /4 th Wednesday, 3/11 and 25	10:30 a.m.	Program topics include a discussion of woodworking techniques, tools to be used, discussion of participants' projects, and actual work on participants' projects. Free and open to all with senior center membership. Drop-In
Special Events / Trips			
Title	When	Time	Description
Trips of Necessity	Wednesday	10:15 a.m. – 2 p.m.	Weekly trips to nearby shopping centers and eateries. Call center for specific trips. Sign up over the phone or at the Center. Must be a center member. \$1. Bus fee
Charter Trip to Hillwood Museum	Friday, 3/13	10:30 a.m. – 2 p.m.	Cost is \$12. Admission and \$1. Bus fee. Sign up w/payment in the main office of the senior center.
Card Making w/Chuck	Wednesday, 3/4	10 a.m.	Take home approximately 5 handcrafted one-of-a-kind greeting cards. \$10. Supply fee paid at class. Must be a center member. Class is filling quickly. Call center first for availability. Reservations are required.
DMV Connect will be at Hollin Hall Senior Center	Monday, 3/30 and 31	9 a.m. – 3 p.m.	Vehicle titles and registrations, Driver's License, Identification cards (adult, child, veteran), Real I.D./Have

			ALL paperwork needed, Disabled Parking placards, Address changes, EZ Pass transponders
<u>Community Meetings</u>			
Title	When	Time	Description
AARP General Meeting - Mt. Vernon Chapter	1 st Friday, 3/6	1 p.m.	Join them for fun, fellowship and community updates. Short business meeting followed by light refreshments. All Are Welcome – Open to the Community
HHSC Advisory Council Meeting	Thursday, 3/5	10 a.m.	Monthly center Advisory Council meeting. Open to all w/senior center membership. Room 217. Come and meet Hollin Hall's new Advisory Council for 2020.
Needle-workers [Kaps for Kids Project]	Tuesday	1 – 3 p.m.	Welcome all knitters and crocheters! Yarn provided and some needles or bring your own. Group knits and crochets scarves and hats throughout the year to give to children in underserved areas of Fairfax County's Region 1 schools. You DO NOT have to be a senior center member to participate.