



Fairfax County

Neighborhood & Community Services

www.fairfaxcounty.gov/neighborhood-community-services

James Lee Senior Center

Address: 2855 Annandale Rd
Falls Church, VA 22042

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

Phone: 703-534-3387

September, October, November 2023

PROGRAMS / ACTIVITIES

Title	When	Time	Description
Blood Pressure Screening	Wednesdays	11:45 p.m. – 12:45 p.m.	Free blood pressure screening.
Fitness Center	Monday - Friday	9 a.m. – 8 p.m.	Seniors can participate in health and fitness programs designed to help improve strength and flexibility.
Pickleball (Seniors and Adults)	Wednesday Morning Monday Afternoon Tuesday Evenings	9 a.m. – Noon 1 p.m. – 3 p.m. 6 p.m. – 9 p.m. Monroe Gym	Paddle sport for all ages and all athletic ability levels. Pickleball is a real sport and fun! Think of it as table tennis, meets traditional tennis, meets badminton. Outside net available too.
Billiards	Monday - Friday	9 a.m. – 8 p.m.	Social space in which seniors can play billiards or ping pong and have conversation.
Computer Club House	Monday - Friday	9 a.m. – 2 p.m. 6 a.m. – 9:30 p.m.	Access to use of the computers.

MORNING PROGRAMMING

Mindfulness and Brain Teasers	Monday - Friday	9 a.m. – 10 am Multi-purpose room	Designed to bring awareness, calm, and balance to participants as they arrive. Activities encourage active and respectful engagement with others. Types of activities include announcements, ice breakers, discussions on current events, brain teasers, word games, and Sudoku.
Line Dancing	Mondays	10 a.m. – 11 a.m. 11 a.m. – Noon Monroe Gym	Join other dancers and learn some various line dances. It's fun and great exercise!
Senior Basketball (50+)	Tuesdays & Fridays	9 a.m. – Noon White Gym	All skill level basketball program that helps foster athleticism and increase health and cardio. 50+

Chair Exercise	Mon., Wed., Fri.	10 a.m. – 11 a.m. Multi-purpose room	Exercises led by staff with or without a video. Exercises focus on strength, endurance, coordination, range of motion, and stretching.
S.A.I.L.	Tuesdays & Thursdays	10 a.m. – 11 a.m. Multi-purpose room	Standing or sitting, participants will follow exercises focused on stretching, flexibility, relaxation, and breathing to increase their strength and endurance.
Creative Corner	Mon., Wed., Fri.	11 a.m. – Noon Multi-purpose room	Quick and simple arts and craft projects are provided and facilitated to spark imagination and creativity.
Donuts with Dana	Tuesdays	11 a.m. – Noon Multi-purpose room	Please join us for an interesting informal discussion or activity over a "cup of coffee and a donut." (Or Bagel)
Moments with Maya	Thursdays	1 p.m. – 2 p.m. Multi-purpose room	Flex your mental muscles, get a little competitive, and enjoy the company around you! You never know what Maya will come up with next, but it is sure to be fun!
Tai Chi – Ms. Pham	Wednesdays	10:30 p.m. – 12:30 p.m. White Gym	A Chinese meditative exercise incorporating slow fluid movements incorporated with floor exercise.
Chi Kung - Mai	Thursdays	10 a.m. – 11 am White Gym	A Chinese meditative exercise incorporating slow fluid movements and deep rhythmic breathing that cultivates and balances chi or translated as "life energy."
Tai Chi - Mai	Thursdays	11 a.m. – Noon White Gym	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.
AFTERNOON PROGRAMMING			
Chi Kung - Mai	Mondays	12 p.m. – 1 p.m. White Gym	A Chinese meditative exercise incorporating slow fluid movements and deep rhythmic breathing that cultivates and balances chi or translated as "life energy."
Tai Chi - Mai	Mondays	1 p.m. – 2 p.m. White Gym	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.
Pottery and Ceramics	Mondays	1 p.m. – 3 p.m. Art room	Get your hands dirty and create an original piece of art using clay with glazes to fire in a kiln.
Fun & Games	Tuesdays	1 p.m. – 3 p.m. Multi-purpose room	Different games are played to encourage members to have fun, socialize, and get to know each other.
Yoga	Wednesdays	12:30am – 1:30am White Gym	The class will be a yoga flow class for all levels. Beginners as well as those with some experience can participate and benefit with modifications.

Sewing - Registered Senior Center members only	Wednesdays	1:30 p.m. – 3:30 p.m. Multi-purpose room	Sewing class where the instructor will teach the basics of sewing and how to use a sewing machine for simple projects. Please bring your machine if you have one. Class size is limited to the number of sewing machines.
Nutrition and Wellness Club	Wednesdays	1 p.m. – 3 p.m. Multi-purpose room	Together we will learn about healthy diet and nutrition, cooking for two, share recipes, and even prepare some dishes together!
Crochet, Loom Knitting, and Chat	Thursdays	1 p.m. – 3 p.m. Multi-purpose room	Volunteer lead class that teaches the basics of knitting and pattern reading. Both beginners and experts will enjoy sharing this time together.
Independent Activities	Fridays	1 p.m. – 3 p.m.	The Multipurpose room will be available for a choice of activities per participants. Activities range from jewelry making, origami, karaoke, and more. Help in the community garden is always an option too.
Advanced Line Dancing	Fridays	1 p.m. – 3 p.m. Monroe Gym	Join other dancers and learn more mastered skills of line dance. Great exercise at a higher intensity level.

EVENING/WEEKEND PROGRAMMING

Adult Recreation Basketball	Mondays	6 p.m. – 9 p.m. White Gym	All skill level basketball program that helps foster athleticism and increase health and cardio.
Adult Recreation Pickleball	Tuesdays	6 p.m. – 9 p.m. Monroe Gym	Paddle sport for all and is fun! Think of it as table tennis, meets traditional tennis, meets badminton.
Adult Karate	Tuesdays Thursdays	6 p.m. – 9 p.m. 5 p.m. – 8:30 p.m. White Gym	Marial arts class involving mental and physical training.
Zumba	Wednesdays Saturdays	7 p.m. – 8 p.m. 1 p.m. – 2 p.m. Monroe Gym	This course involves fast high intensity exercise with dance movements to music.
Senior Basketball	Wednesdays Fridays	5:30 p.m. – 9 p.m. White Gym	All skill level basketball program that helps foster athleticism and increase health and cardio. 50+
Adult Badminton	Saturdays	5:30 p.m. – 9:30 p.m. Monroe Gym	All Fairfax County adults welcome to play.

TRIPS OF NECESSITY

Title	When	Time	Description
Walmart, Fair Lakes	Monday, September 11	10 a.m. – 12:30 p.m.	Trip of Necessity – Shopping and lunch

Burlington, Bailey's Crossroads	Monday, September 25	10 a.m. – 12:30 p.m.	Trip of Necessity – Shopping and lunch
Lidl, Lee Hwy	Monday, October 9	10 a.m. – 12:30 p.m.	Trip of Necessity – Shopping and lunch
Walmart, Fair Lakes	Monday, October 23	10 a.m. – 12:30 p.m.	Trip of Necessity – Shopping and lunch
Dollar Tree, Landmark Plaza	Monday, November 6	10 a.m. – 12:30 p.m.	Trip of Necessity – Shopping and lunch
Dollar Tree, Rose Hill Shopping Center	Monday, November 20	10 a.m. – 12:30 p.m.	Trip of Necessity – Shopping and lunch
CHARTERED TRIPS			
Cirque du Soleil	Friday, September 15	1 a.m. – 5 p.m.	Chartered Trip \$Tickets (Limited Seats)
Hartland Orchard: Apple Picking	Thurs., September 21	9:30 a.m. – 2 p.m.	Chartered Trip
Toby's Dinner Theater: Sister Act	Wed., September 27	9:30 a.m. – 2 p.m.	Chartered Trip \$Tickets
Cox's Farm	Thurs., October 5	9:30 a.m. – 2 p.m.	Chartered Trip \$Tickets
Great Falls	Thurs., October 12	9:30 a.m. – 2 p.m.	Chartered Trip
Fall Foliage Trip	Thurs., October 19	9:30 a.m. – 2 p.m.	Chartered Trip
TBD	Thurs., November 2	9:30 a.m. – 2 p.m.	Chartered Trip
TBD	Tues., November 14	9:30 a.m. – 2 p.m.	Chartered Trip
Mt. Vernon	Thurs., November 30	9:30 a.m. – 3 p.m.	Chartered Trip \$Tickets
Other Chartered Trips TBD			
SPECIAL EVENTS/CLOSURES			
BIRTHDAY Celebrations	Last Wednesday of the month	12:15 p.m.	Cake will be served at lunch: September 27, October 25, November 29
HOLIDAY: Labor Day	Monday, September 4	ALL DAY	Center will be closed in observance of Labor Day.
Senior's Halloween Costume Party	Tuesday, October 31	11:30 a.m. – 2 p.m.	All senior members are welcome to participate but must sign up ahead of time.
Election Day	Tuesday, November 7	ALL DAY	Center will be closed for Elections.
HOLIDAY OBSERVED: Veteran's Day	Friday, November 10	ALL DAY	Center will be closed in observance of Veteran's Day
Community Thanksgiving Luncheon	Thursday, November 16	11:30 a.m. – 2 p.m.	All senior members are welcome to participate but must sign up ahead of time.
HOLIDAY: Thanksgiving Day	Thursday, November 23	ALL DAY	Center will be closed in observance of Thanksgiving Day
Center Closure: Day After Thanksgiving	Friday, November 24	ALL DAY	Center will be closed on the Day After Thanksgiving