



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 opt. 2, TTY 711

March 2020

PROGRAMS / ACTIVITIES

Title	When	Time	Description
Happy Hour	Monday - Friday	9 a.m.	As participants arrive, they are encouraged to enjoy coffee, tea, and prepare for daily activities.
Fitness Center	Monday - Friday	9 a.m.	Seniors can participate in health and fitness programs designed to help improve strength and flexibility.
Billiards	Monday - Friday	9 a.m.	Morning Ice breaker in which seniors can play billiards and conversation.
Chair Exercise - YouTube videos	Monday	10:30 a.m.	Chair Yoga, Walking or aerobics
Senior Men's Basketball	Tuesday & Friday	9 am	All skill level basketball program that helps foster athleticism and increase health and cardio. 50+
Senior Women's Basketball	Friday	6 p.m.	All skill level basketball program for women that helps foster athleticism and increase health and cardio. 50+
Zumba Toning - Register Senior Center members only New Class	Wednesday	1:00pm – 2:00pm	This course involves great exercise and high intensity. With weights
Ceramics (Drop-In)	Tuesday and Thursday	6:30pm-9:30pm	Participants work with liquid clay to fire, color and design various ceramic pieces. Supply Fee to instructor.
Pickleball	Wednesday & Thursday	9:00 a.m.-noon	**Paddle sport for all ages and all athletic ability levels. Pickleball is a real sport and really fun! Think of it as table tennis, meets traditional tennis, meets badminton.

Pickleball - Registered Senior Center members only NEW CLASS	Monday Start - date TBD	1:00pm – 4pm	** Paddle sport for all ages and all athletic ability levels.
Tai Chi – Ms. Pham	Wednesday	12:30 p.m.	A Chinese meditative exercise incorporating slow fluid movements incorporated with floor exercise.
Chair Exercise	Friday	10:30 a.m.	Exercises led by Video. Exercises focus on strength, endurance, coordination, range of motion, grip strength and stretching.
Computer Club House senior Tech	Wednesday and Thursday	1 p.m.	Basic help with Phones, computer software and Internet
<u>CLASSES</u>			
Title	When	Time	Description
Ceramics	Monday	1:00 p.m.	Ceramics, ready to paint and fire pieces and molds to pour your own pieces to paint and fire.
Line Dancing	Monday	10:00 a.m. & 11:00 a.m.	Join other dancers and learn some fun line dances and a great exercise.
Advanced Line Dancing	Not this session Mar. - May	1 pm-2pm & 2pm-3pm	Join other dancers and learn more mastered skills of line dance. Great exercise and higher intensity level.
Chi Kung - Mai	Monday & Thursday	12pm-1pm/10-11pm	A Chinese meditative exercise incorporating slow fluid movements and deep rhythmic breathing that cultivates and balances chi or what has been translated as "life energy."
Tai Chi - Mai	Monday & Thursday	1 pm-2pm/11:00am-12:00pm	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.
Zumba	Tuesday	10:30a.m.	This course involves great exercise and high intensity.
Knitting / Crocheting /Sewing	Mondays	12:30 p.m.	Independently lead sewing class that bring different ideas of sewing and helps with the hand eye coordination.
Sewing - Registered Senior Center members only NEW CLASS	Wednesday	1:00 – 4:00pm	Staff led sewing class that teaches the basics of sewing and machine use. Bring your machine if you have one.
Knitting	Thursday	12:30 p.m.	Volunteer lead class that teaches the basics of knitting and pattern reading.
Game Time New - Registered Senior Center members	Thursday	1pm – 4:00	Groups looking for space to meet for game time or to socialize while playing old school games and cards.
<u>Trip of Necessity</u>			

Title	When	Time	Description
Hobby Lobby	March 2	10:30	Trip of Necessity
Unique Thrift	March 9	10:30	Trip of Necessity
Springfield Town Center	March 16	10:30	Trip of Necessity
Walmart	March 23	10:30	Trip of Necessity
Dollar Tree	March 30	10:30	Trip of Necessity
<u>Community Meetings</u>			
Title	When	Time	Description
Advisory Council Meetings	TBD		