



October 2018



James Lee Senior Center

2855 Annandale Road, Falls Church, VA 22042



Operating Hours
Monday - Friday, 9 a.m. - 3 p.m.

www.fairfaxcounty.gov/neighborhood-community-services

Schedule of events and activities are subject to change. Please call the facility directly for the most updated information.
Amie Williams, Senior Center Director, 703-534-3387, TTY 711

OCTOBER 2018			
Programs	When	Time	Description
Happy Hour	Monday - Friday	9 a.m.	As participants arrive, they are encouraged to enjoy coffee, tea, and pastries 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 converse.
Board Games	Monday & Wednesday	10:30 a.m.	Multiple board games to choose from that provides interaction with participants and keeps the mind active.
Senior Men's Basketball	Tuesday & Friday	9 a.m.	All skill level basketball program that helps foster athleticism and increase health and cardio.
Senior Women's Basketball	Friday	6 p.m.	All skill level basketball program for women that helps foster athleticism and increase health and cardio.
SAIL Program	Tuesday & Thursday	1 p.m.	"Stay Active and Independent for LIFE" is a evidence based intervention for preventing falls in older adults.
Ceramics (Drop-IN)	Tuesday & Thursday	6:30 - 9 p.m.	Participants work with clay to color and design various ceramic pieces.
Pickleball	Tuesday & Thursday	9 a.m. - noon & 9 - 11 a.m.	Paddle sport for all ages and all athletic ability levels.
Art	Monday & Tuesday	10 a.m.	Works on different art projects daily
Chair Exercise	Tuesday & Thursday	10:30 a.m.	Exercises led by recreation therapist. Exercises focus on strength, endurance, coordination, range of motion, grip strength and stretching.
Computer Club	Thursday	1 p.m.	Basic help with computer software and Internet
Bridge	Tuesday	9 a.m.	A Fun and engaging way to interact with seniors.
Chair Exercise Live	Tuesday	11:15	Exercises led recreation therapist. Exercises focus on strength, endurance, coordination, range of motion, grip strength and stretching.
Classes			
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Ceramics	Monday	10 a.m.	Participants work with clay to color and design various ceramic pieces.
Line Dancing	Monday	10 & 11 a.m.	Join other dancers and learn some fun line dances and a great exercise.
Advanced Line Dancing	Friday	1 - 2 p.m. & 2 - 3 p.m.	Join other dancers and learn more mastered skills of line dance. Great exercise and higher intensity level.
Chi Kung	Monday & Thursday	Noon - 1 p.m./ 10 - 11 p.m.	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	Monday & Thursday	1 - 2 p.m./ 11 a.m. - noon	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	10:30 a.m.	Back by popular demand. This course involves great exercise and high intensity.
Knitting	Tuesday/Thursday	12:30 p.m.	Independently lead sewing class that bring different ideas of sewing and helps with the hand eye coordination.
Special Events/Trips			
Special Events/Trips	When	Time	Description
Dollar Tree	October 1	10:15	Trip of Necessity
Walmart	October 15	10 a.m.	Trip of Necessity
Ross/Old Navy/Giant	October 22	10:15 a.m.	Trip of Necessity
Golden Corral	October 29	10:15 a.m.	Trip of Necessity
Cox Farm	October 16	10:15 a.m.	Charter Trip