



Fairfax County

Neighborhood & Community Services

www.fairfaxcounty.gov/neighborhood-community-services

Kingstowne Center for Active Adults

Address: 6488 Landsdowne Center
Alexandria, VA 22315

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

Phone: 703-339-7676, TTY 711

September, October, November 2023

CLASSES

| Title | When | Time | Description |
|------------------------------|-----------|------------|------------------------------------------------------------|
| S.A.I.L class | Monday | 1 p.m. | Staying Active & Independent for Life exercise class |
| Technology 101 | Tuesday | 10:30 a.m. | Find out how to use your iPhone, iPad, or laptop. |
| Zumba Gold | Tuesday | 1:30 p.m. | High energy, Latin inspired, low impact fitness class (\$) |
| Belly Dancing | Tuesday | 2:25 p.m. | Learn Belly Dancing (\$) |
| Chair Jazzercise | Wednesday | 10:30 a.m. | Jazzercise in a chair |
| Jazzercise Lite | Wednesday | 11:30 a.m. | A light version of Jazzercise |
| S.A.I.L. class | Wednesday | 1 p.m. | Staying Active & Independent for Life exercise class |
| Yoga Flow | Thursday | 9:10 a.m. | Yoga Flow class (\$) |
| Fit-4-Life | Thursday | 10:30 a.m. | Exercises for the whole body (\$) |
| Ballroom Dancing Basic Steps | Thursday | 1 p.m. | Learn basic ballroom dancing steps (\$) |
| Basic Pilates | Friday | 9:15 a.m. | Pilates class (\$) |
| Spanish for Beginners | Friday | 10:30 a.m. | Learn the basics of the Spanish language. |

ACTIVITIES

| Title | When | Time | Description |
|------------------------|-----------------|-------------------|----------------------------------------------------------------------------------------------------|
| Open Gym | Monday – Friday | 9 a.m. – 4 p.m. | Treadmill, Recumbent bike, Elliptical machine, SCIFIT2 total Body work out machine, & hand weights |
| Mahjong | Tuesday | 9 a.m. – 2 p.m. | A tile-based game of skill, strategy, and luck |
| Open Computer Lab | Monday-Friday | 9 a.m. – 4 p.m. | Check your emails, look for work or volunteer opportunities |
| Artist helping Artists | Tuesday | 9:30 – 11:30 a.m. | Artists doing art together |
| Tai Chi | Tuesday | 9:30 – 10:30 a.m. | Vietnamese Tai Chi |
| Tai Chi | Tuesday | 10:45-11:45 a.m. | Vietnamese Tai Chi |

| Page Turners Book Club | 4 th Tuesday | Noon-2p.m. | Take a journey with us through the wonderful world of book reading. Come turn some pages with us! |
|----------------------------------|------------------------------------------------------------|-------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Bridge | Friday | 1– 3:45 p.m. | A 52-card deck game played with 4 players |
| Creative Writing | Mondays | 10:30-11:30 a.m. | |
| History Club | 2 nd & 4 th Friday | 12:30 – 2:30 p.m. | History video & discussion group |
| Bingo | Friday | 12:30 - 1:30p.m. | Join us for fun with Bingo! |
| <u>Special Events / Trips</u> | | | |
| Title | When | Time | Description |
| Trip of Necessity | Wednesday | 10:15 a.m. | Shopping |
| Botanical Gardens | September 9 | 9:15 a.m. | Charter Trip |
| Occoquan Arts & Crafts Festival | September 30 | 9:15 a.m. | Charter Trip |
| <u>Community Events</u> | | | |
| Title | When | Time | Description |
| R.O.M.E.O group meeting | 2 nd Thursday, Sept. 14, Oct. 12, Nov. 9 | 9 a.m. | Join the “Retired Ole Men Eating Out” at a local restaurant for great conversation on the second Thursday of the month. Call the center for the name and location of the chosen restaurant. |
| Game Night | Friday, Sept. 15, Oct. 20, Nov. 17 | 3- 8 p.m. | Join community members and challenge them to a game of Rummikub, Mahjong or Kings in the Corner. |
| Advisory Council Meeting | 3 rd Tuesday Sept. 19, Oct. 17 and Nov. 2 | 12:30 p.m. | Advisory Council Mtg meets to discuss programs and ideas for fundraising. Open to the public. |
| <u>HOLIDAY / CENTER CLOSURES</u> | | | |
| Title | When | Time | Description |
| Labor Day | September 4 | CLOSED | Holiday |
| Election Day | November 7 | CLOSED | Holiday |
| Veterans Day | November 10 | CLOSED | Holiday |
| Thanksgiving Day | November 23 and 24 | CLOSED | Holiday |