



December 2018



Lewinsville Senior Center

Temporarily located at :
 1515 Great Falls Street
 McLean, VA 22101
Phone: 703-442-9075, TTY 711
Fax: 703-748-1829



Operating Hours:
 Monday - Friday, 9 a.m. - 4 p.m.
Business Hours:
 Monday - Friday, 8 a.m. - 4 p.m.

www.fairfaxcounty.gov/neighborhood-community-services

The Senior Center is Closed December 24 and 25 for Christmas Holiday

Schedule of events and activities are subject to change. Please call the facility directly for the most updated information.

DECEMBER 2018

Programs

Program	When	Time	Description
Gentle Friends Yoga	Mondays	10:30 - 11:30 a.m.	Continuous health and wellness program.
Beginning Japanese	Mondays	Noon - 1 p.m.	Language class starting with the basics.
Tai Chi Chih with Julie	Mondays	1 - 2 p.m.	Continuous health and wellness program.
Tai Chi Chih with Julie	Mondays	2 - 3 p.m.	Continuous health and wellness program.
Gentle Friends Yoga	Tuesdays	10:30 - 11:30 a.m.	Continuous health and wellness program.
Ping Pong	Tuesdays	1 p.m.	Ping Pong
SAIL Exercise Program	Tuesdays	10:30 - 11:30 a.m.	Stay Active and Independent for Life.
Tai Chi Chih with Julie	Wednesdays	2 - 3 p.m.	Continuous health and wellness program.
Social Bridge	Wednesdays	2 - 3:30 p.m.	Open Bridge play. Tutoring available at each session.
18 Form Tai Chi	Thursdays	9:30 - 10:15 a.m.	Continuous health and wellness program.
SAIL Exercise Program	Thursdays	10:30 - 11:30 a.m.	Stay Active and Independent for Life.
Bio Energy Chi Gong	Thursdays	10:30 - 11:30 a.m.	Continuous health and wellness program.
Computer Class	Thursdays	Noon - 1:30 p.m.	Computer class held at the Senior Center
Ping Pong	Thursdays	1 p.m.	Ping Pong
Tai Chi Form 24	Thursdays	1 - 2 p.m.	Continuous health and wellness program.
Tai Chi Chih with Julie	Fridays	10:30 - 11:30 a.m.	Continuous health and wellness program.
Knit & Crochet Club	Fridays	1:30 - 3 p.m.	One-on-one knit & crochet lessons, pattern sharing, and socializing. All levels welcome.

Classes - Must Sign Up (Registration for WINTER SESSION begins November 27, 2018 at 8:30 a.m.)

Class	When	Time	Description
Low Impact Aerobics	Mondays	9:15 - 10:15 a.m.	Cost \$10/Session. Winter Session 2018-19 runs December 3 - February 28
Intermediate Line Dance	Monday	10:30 a.m. - 12:30 p.m.	Cost \$10/Session. Winter Session 2018-19 runs December 3 - February 28
Low Impact Aerobics	Tuesdays	9:15 - 10:15 a.m.	Cost \$10/Session. Winter Session 2018-19 runs December 3 - February 28
Zumba Gold	Tuesdays	10:30 - 11:30 a.m.	Cost \$10/Session. Winter Session 2018-19 runs December 3 - February 28
Strength & Core	Wednesdays	9:15 - 10:15 a.m.	Cost \$10/Session. Winter Session 2018-19 runs December 3 - February 28
Intermediate Line Dance	Wednesday	10:30 a.m. - 12:30 p.m.	Cost \$10/Session. Winter Session 2018-19 runs December 3 - February 28
Floor and Stretch	Thursdays	9:15 - 10:15 a.m.	Cost \$10/Session. Winter Session 2018-19 runs December 3 - February 28
Zumba Gold	Thursdays	10:30 - 11:30 a.m.	Cost \$10/Session. Winter Session 2018-19 runs December 3 - February 28
Floor & Core	Fridays	9:15 - 10:15 a.m.	Cost \$10/Session. Winter Session 2018-19 runs December 3 - February 28
Beginner Plus Line Dance	Fridays	10:15 a.m. - 12:15 p.m.	Cost \$10/Session. Winter Session 2018-19 runs December 3 - February 28

Special Events/Trips

Event/Trip	When	Time	Description
McLean Project for the Arts	December 5, 2018	10:30 a.m. - 1:30 p.m.	Visit to Gallery at McLean Project for the Arts
Walmart	December 7, 2018	10:30 a.m. - 1:30 p.m.	Trip of Necessity to Walmart
Herndon Senior Center	December 7, 2018	10:30 a.m. - 1:30 p.m.	Trip to Herndon Senior Center for Sundance Performance
Holiday Party	December 11, 2018	11 a.m. - 1 p.m.	Come Celebrate the Holiday Season with us
Bingo	December 12, 2018	10:30 - 11:30 a.m.	Bingo for Prizes
Parkinson's Café	December 12, 2018	11 a.m. - 1 p.m.	Support Group for Parkinson's patients, their caretakers and family.
Christmas Tree Shoppe	December 14, 2018	10:30 a.m. - 1:30 p.m.	Trip of Necessity for last minute Christmas décor
Birthday Celebration with LRR	December 18, 2018	11 a.m. - 1 p.m.	Monthly Birthday Celebration with Lewinsville Retirement Residences
Herndon Senior Center	December 19, 2018	10:30 a.m. - 1:30 p.m.	Trip to Herndon Senior Center for Harmony Heritage Performance
Super H	December 21, 2018	10:30 a.m. - 1:30 p.m.	Trip of Necessity to Super H
Bingo	December 26, 2018	10:30 - 11:30 a.m.	Bingo for Prizes
Fair Lakes	December 28, 2018	10:30 a.m. - 1:30 p.m.	Trip of Necessity to Fair Lakes

Community Meetings

Meeting	When	Time	Description
Advisory Council			Lewinsville Senior Center is looking for new advisory council members.