



Fairfax County

Neighborhood & Community Services

www.fairfaxcounty.gov/neighborhood-community-services

LEWINSVILLE SENIOR CENTER

**Address: 1613 Great Falls Street
Enter Door B3 or B4
McLean, VA 22101**

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

Closed Saturday and Sunday

**Please note that March 3rd is an Election Day, LSC is a Polling Place;
classes may be affected; Ping Pong and SAIL are cancelled March 3rd**

Phone: 703-442-9075, TTY 711

MARCH 2020

Title	When	Time	Description
Gentle Friends Yoga with Gity	Mondays	10:30 am	Continuous health and wellness program
Japanese Language Class with Hiroko	Mondays	noon	Japanese language class
SAIL Exercise Program with Julie B.	Mondays	2:00 pm	Stay Active and Independent for Life
Tai Chi Chih with Julie A.	Mondays	1:00 pm	Continuous health and wellness program
Tai Chi Chih with Julie A.	Mondays	2:00 pm	Continuous health and wellness program
SAIL Exercise Program with Sandy & Iqbal	Tuesdays	10:30 am	Stay Active and Independent for Life
Ballroom Dance with Sophia	Tuesdays	12:30 pm	Free class to learn ballroom dance steps
Ping Pong	Tuesdays	1:00 pm	Ping Pong
Gentle Friends Yoga with Gity	Wednesdays	10:30 am	Continuous health and wellness program
Tai Chi Chih with Julie A.	Wednesdays	2:00 pm	Continuous health and wellness program
18 Form Tai Chi with Jennifer	Thursdays	9:30 am—10:15 am	Continuous health and wellness program
SAIL Exercise Program with Sandy & Iqbal	Thursdays	10:30 am	Stay Active and Independent for Life
Bio Energy Chi Gong with Jennifer	Thursdays	10:30 am	Continuous health and wellness program
Computer Class with Jackie	Thursdays	12:15 pm—1:00 pm	Computer Class held at the Senior Center, appointments available
Ping Pong	Thursdays	1:00 pm	Ping Pong

Tai Chi Chih with Julie A.	Fridays	10:30 am	Continuous health and wellness program
Gentle Chair Yoga with Gity	Fridays	11:00 am - noon	Continuous health and wellness program
SAIL Exercise Program with Julie B.	Fridays	2:00 pm	Stay Active and Independent for Life
Knit & Crochet Club with Rebecca	Fridays	1:30 pm	One on one knit and crochet lessons, pattern sharing, and socializing. All levels welcome.
<u>CLASSES</u>			
Title	When	Time	Description
Low Impact Aerobics	Mondays	9:10 am – 10:10 am	Cost \$10/Session Spring Session March 2 – May 25
Intermediate Line Dance	Mondays	10:30 am – 11:30 am	Cost \$10/Session Spring Session March 2 – May 25
Advanced Line Dance	Mondays	11:30 am – 12:30 pm	Cost \$10/Session Spring Session March 2 – May 25
Strength and Core	Tuesdays	9:10 am – 10:10 am	Cost \$10/Session Spring Session March 2 – May 25
Zumba Gold	Tuesdays	1:45 pm – 2:45 pm	Cost \$10/Session Spring Session March 2 – May 25
Floor and Core	Wednesdays	9:10 am – 10:10 am	Cost \$10/Session Spring Session March 2 – May 25
Zumba Gold	Wednesdays	9:15 am – 10:15 am	Cost \$10/Session Spring Session March 2 – May 25
Intermediate Line Dance	Wednesdays	10:30 am – 11:30 am	Cost \$10/Session Spring Session March 2 – May 25
Advanced Line Dance	Wednesdays	11:30 am – 12:30 pm	Cost \$10/Session Spring Session March 2 – May 25
Floor and Stretch	Thursdays	9:10 am – 10:10 am	Cost \$10/Session Spring Session March 2 – May 25
Low Impact Aerobics	Fridays	9:10 am – 10:10 am	Cost \$10/Session Spring Session March 2 – May 25
Beginners Line Dance	Fridays	10:15 am 11:15 am	Cost \$10/Session Spring Session March 2 – May 25
Beginners Line Dance	Fridays	11:15 am – 12:15 pm	Cost \$10/Session Spring Session March 2 – May 25
<u>Special Events / Trips</u>			
Title	When	Time	Description
Bingo	March 2, 2020	10:30 am	Bingo for Prizes
Bruno	March 2, 2020	1:00 pm	Come meet this lovable dog and his owner, Linda
Mahjong with Grace	March 4, 2020	1:00 pm	All levels welcome
Pets on Wheels	March 4, 2020	11:00 am	Come share some four-legged love with ADHC
Walmart	March 6, 2020	10:15 am – 1:15 pm	Trip of Necessity to Walmart, Fair Lakes
Improv Class	March 6, 2020	11:00 am	Come have fun with Improvisation with ADHC
Laughter Yoga	March 9, 2020	11:00 am	Join us for Laughter Yoga with Eva
Lunch Bunch	March 11, 2020	10:15 am – 1:15 pm	Join us for lunch at Ireland's Four Providences in Falls Church
Current Events with ADHC	March 13, 2020	11:00 am	Listen to a discussion of current events
Aldi/Target	March 13, 2020	10:15 am – 1:15 pm	Trip of Necessity to Aldi and Target
Bingo	March 16, 2020	10:30 am	Bingo for Prizes

Sham-Rockin Party	March 17, 2020	11:30 am – 1:30 pm	Celebrate St. Patrick's Day with us – remember to wear green!
Arts & Crafts	March 18, 2020	11:00 am	Embossed Monograms
Nowruz Party	March 20, 2020	10:30 am	Celebrate Persian New Year with us and our friends at LRR
Monthly Birthday Celebration	March 23, 2020	12:30 pm	Happy Birthday to our March babies
Music by the Evergreens	March 25, 2020	11:00 am	Join us for a musical performance with ADHC
Amish Market	March 26, 2020	10:15 am – 1:15 pm	Trip to the Amish Market in Germantown, Maryland
Dollar Tree	March 27, 2020	10:15 am – 1:15 pm	Trip of Necessity to Dollar Tree in Vienna
Music by Dale Jarret	March 27, 2020	1:15 pm	Musical Performance with ADHC
<u>Community Meetings</u>			
Title	When	Time	Description
n/a			